



April 22, 23 and 24, 2016
Halifax Exhibition Centre

Visit Saltscapes Expo to eat, drink and buy local (and be merry if you wish!)

Almost 500 exhibitors including 50+ first-timers from unique retail to home decor, travel experiences to active lifestyles and loads of healthful food and beverages to enjoy!

Avoid lineups! Purchase advance #SSX 2016 tickets online for a chance to win a 2016 Maritime-wide driving vacation.

To purchase advance discounted tickets, visit saltscapes.com/expo or call 902-464-7258



SAVE! SAVE! SAVE!

Save \$3.00

per couple or \$1.50 off each 2016 Expo ticket!

This coupon entitles YOU to save \$1.50 off EACH ticket purchased at the door. This coupon must be presented at the door to receive the discount (one coupon/couple; cannot be combined with any other offer).



Halifax metro

DARTMOUTH RAPPER
From Mom's kitchen
to LALA Land
metroNEWS



Your essential daily news | THURSDAY, APRIL 14, 2016

High 8°C/Low 0°C Scattered showers

WHO YA' GONNA CHEER FOR, HALIFAX?

No Leafs, no Habs, no Bruins,
no problem **metroNEWS**



Cole Harbour's Sidney Crosby will have plenty of fans in the Halifax area rooting for him and the Pittsburgh Penguins in the playoffs.

GETTY IMAGES



VETERINARY HOSPITAL ASSISTANT

If you love animals, train to become a Veterinary Hospital Assistant. Get practical, hands-on training with live animals and graduate in just 9 months!

APPLY
NOW
to start in
June



davincicollege.org

1.866.429.1847
1577 Barrington St.
HALIFAX





**MAKE IT A
MITSUBISHI**

**BUILT BETTER.
BACKED BETTER.**

UP TO 84 MONTHS

0%

PURCHASE FINANCING



Available on RVR SE AWC, Limited Edition
and GT models³

2015

RVR ES FWD

\$19,998*
FR

AVAILABLE FEATURES:

ALL-WHEEL CONTROL (AWC) WITH DRIVE MODE
SELECTOR (2WD/4WD/4WD LOCK)

BLUETOOTH® 2.0 HANDS-FREE INTERFACE
WITH STREAMING AUDIO

HEATED FRONT SEATS



RVR GT AWC model shown

10 YEAR
160,000 KM
POWERTRAIN
LTD WARRANTY**

0% PURCHASE FINANCING FOR UP TO **84 MONTHS** ON SELECT VEHICLES

**HURRY IN BEFORE
THE 2015s ARE GONE!**



METRO
MITSUBISHI

230 Wyse Rd Dartmouth, NS • 902-463-6792
www.metromitsubishi.ca



NOW PART OF THE
STEELE AUTO GROUP



Steele
MITSUBISHI

3681 Kempt Road • Halifax, NS • 902-405-1177
www.steelemitsubishi.com

*Price is plus applicable taxes, fees and freight.



The wacky and the wonderful

ONLINE MARKETPLACE

Second-hand economy picks up steam as seasons change



Yvette d'Entremont
Metro | Halifax

From floral couches and funky curtains to 40 foot shipping containers, Halifax-area residents are using Kijiji to furnish their

homes, and possibly even to create them.

To mark Earth Month and the start of spring, Kijiji conducted what they called a "deep dive" into the unique aspects of the second-hand economy across Canada.

One of the areas they looked at was Halifax, where people frequently post free to a good home' ads and others designed to help people in their communities.

"What I think is really the most striking is probably the people who help each other... I live in Toronto and there are

small pockets where you see that kind of community feel," McIntyre said.

"But not the way that you would see in Halifax and Dartmouth or Bedford and Sackville. There seems to be a large pocket of people looking out for each other out there."

With spring in the air, it's a sure bet people in Halifax are scouring Kijiji to seek and find items.

"Changes in season lead to spikes in popular categories," McIntyre said.

"This is the time of year you'll

see more of that than ever."

For Halifax-area residents, home décor, furniture and home appliances are by far the most posted items.

The most replied to ad was a sale for 40 foot shipping containers, an item McIntyre said was unique to the Halifax marketplace.

"I think the uniqueness of that ad is what led to so many replies... We went through a lot of the replies and a lot of them were people asking how it would be transported, what could be

done with them," he said.

"When you look at issues around sustainability, people are even building homes with these shipping containers."

Although Halifax boasts one of the more popular and engaged sites in all regions served by Kijiji, McIntyre said the region is lagging nationally when it comes to other aspects of the second-hand economy. This includes

thrift stores.

"To hear the participation in general was still significantly lower, I think we can do better in Halifax," he said.

"We want to challenge Halifaxians to look around and consider the second-hand economy when looking to purchase something."

5 FUN FACTS ABOUT HALIFAX'S KIJJI COMMUNITY

1 Cameras

The most searched advertisements by category are Canon cameras, which are in high demand. **Kijiji**

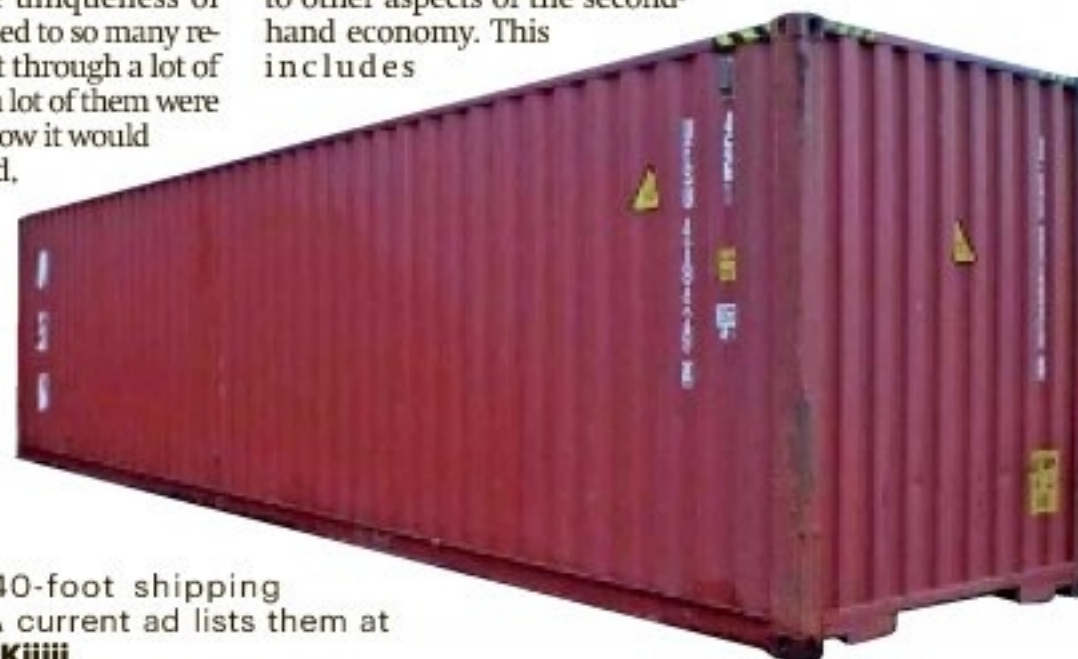


2 Interesting advertisements

Canadians love hockey and Halifax is no exception with a variety of sports memorabilia relating to Sidney Crosby found on the site.

Ads that get the most replies

A sale for 40-foot shipping containers. A current ad lists them at \$2,500 each. **Kijiji**



4 Total postings

More than 97,000 ads are currently posted in Halifax. About 9,500 are art and collectibles, 9,300 indoor and outdoor home items, 6,000 sporting and exercise goods and more than 3,500 video games and consoles.



5 Most posted items online

For Halifax residents, home is where the heart is. The area's site has 7,500 ads for home décor, furniture and home appliances. **Kijiji**

SALTSCAPES



EAST COAST EXPO
Visit! Shop! Enjoy!

April 22, 23 and 24, 2016
Halifax Exhibition Centre

To purchase advance discounted tickets, visit saltscapes.com/expo or call 902-464-7258

Now's the time to plan your 2016 East Coast Getaways!

Destination inspiration and great travel deals abound from all four corners of Atlantic Canada. From beaches to golf, hiking to events, whale watching to culinary experiences there is so much to see and do in 2016!

Enjoy award winning music from New Brunswick's entertainment stage all weekend long too!



Purchase #SSX 2016 tickets online for a chance to win a 2016 Maritime-wide driving vacation.

SAVE! SAVE! SAVE!

Save
\$3.00

per couple or \$1.50 off each 2016 Expo ticket!

This coupon entitles YOU to save \$1.50 off EACH ticket purchased at the door. This coupon must be presented at the door to receive the discount (one coupon/couple; cannot be combined with any other offer).

Neptune changes Shrek musical after complaint

THEATRE

Transgender person upset by character's use of word

Halifax's leading theatre company says it has altered its production of *Shrek: The Musical* in response to a transgender person who walked out of a recent performance to protest an offensive word.

Ky Grey said he walked out of Neptune Theatre's opening night performance of the musical after the character of the Big Bad Wolf used the word "Tranny."

Grey, 20, who was at the March 29 performance with his mother, said the word followed several mocking references to the wolf character being a cross-dresser.

"That word was dropped and it's used as violence against trans-women specifically," he said. "But just in general it brings up a lot of bad emotions and feelings of transphobia in me and the community."

Grey said the word, which he can't bring himself to say, was upsetting, as was the reaction in the audience.

"Just the idea that this character who was supposed to be a man dressing in a dress and how funny that was, hearing kids laugh about it — it was all very overwhelming."



Actors perform a scene from Neptune Theatre's production of *Shrek The Musical*. JEFF HARPER/METRO

Grey said he stayed until intermission and then left the theatre.

He said he later complained to the theatre management and eventually met with general manager Amy Melmock to

discuss his concerns this week.

Contacted about Grey's complaint, Neptune Theatre's director of sales and marketing, Jennie King, provided an emailed statement expressing its "active support" for the LGBTQ com-

munity.

"We were upset to learn that one of our productions created a feeling of distress among members of the LGBTQ community in Halifax and a change was immediately made to remove the offending word," the email states. "Neptune has spoken and met with these members of the LGBTQ community to understand and address their concerns."

Grey said the offensive term has been replaced by the word

"hairy."

An avid theatre fan, Grey said he understands the company can only go so far with the material. "I understand that they have limits to what they can change based on the rights that they do or do not have to the show," he said.

Grey said he believes the issue goes beyond artistic license when there is an impact on people affected by what's portrayed, intended or not.

THE CANADIAN PRESS

HIT-AND-RUN

Girl, 14, injured



Sarah Rae
For Metro | Halifax

Halifax Regional Police are asking for the public's help after a 14-year-old girl was injured in a hit-and-run collision.

The girl was crossing the connector road between Mumford Road and Bayers Road beside the Halifax Shopping Centre at 3:37 p.m. Monday when the vehicle, travelling westbound, hit her, according to a police news release.

Police said the girl suffered non-life threatening injuries and was treated and released by paramedics at the scene, but was later taken to hospital by a family member.

The vehicle is described as a white or beige sedan or silver Dodge Caliber. The driver is described as an older white man, with shoulder length white or grey hair and glasses.

WEATHER

More snow could be on the way for Halifax

Spring isn't happening any time soon, apparently. On Wednesday, Environment Canada issued a special weather statement. There's a chance Halifax could see more snow overnight Thursday into Friday, almost three weeks into spring. But there is a chance it could just be rain, the release pointed out. METRO



5 DAY SALE

THIS TUESDAY TO SATURDAY!

SAVE THOUSANDS ON ALL IN-STOCK MODELS

DOORS OPEN 9AM SHARP!

**SPECIAL REBATES & FINANCING
ON ALL NEW 2016 MODELS.**

ONLY AT STEELE VW IN DARTMOUTH

696 WINDMILL RD
DARTMOUTH, NS
PH: 902.468.6411
TF: 1.888.785.2989
WWW.STEELEVW.CA

Steele

VOLKSWAGEN



Changes coming to the Armdale Rotary

TRAFFIC

City asking residents for input on small modifications



Sarah Rae
For Metro | Halifax

Some changes may be coming to the Armdale Rotary, and the city's asking residents for input.

The proposed changes are two small-scale roadway modifications, according to a news release issued Wednesday by the city.

HRM's Manager of Transportation Planning Dave McClusker said in an interview the changes would be minor adjustments to lanes and traffic control, and diagrams would be available soon to explain further.



The city has proposed small changes to the Armdale Rotary. JEFF HARPER/METRO

Residents are invited to an open house Monday to view the diagrams, hear about the proposed changes and provide input.

The plans will also be available online following the meeting, and residents will be able to provide feedback that way.

"Maybe people will think it'll help and maybe they'll think

+ MEETING

The meeting is Monday at the Captain William Spry Community Centre at 16 Sussex Street, from 5 to 8 p.m.

that's not enough, but that's

why we have meetings," said McClusker.

He said they'll also be open to hearing any concerns about traffic congestion and delays coming from Herring Cove Road and Purcell's Cove Road.

The rotary wouldn't see any changes this year, according to McClusker, but they could be worked into future budgets.

SACKVILLE

Library to stay open during construction

Construction at the Sackville Public Library and adjoining municipal service centre will begin next week.

The improvements will include widening the sidewalk in front of the building to include a small plaza with trees, widening wheelchair ramps, and adding fencing along the street to tie into the landscaping improvements at the Little Sackville River crossing.

The library, at 636 Sackville Drive, will be open to the

+ CONSTRUCTION

The work will begin April 20, and will be broken into three phases. The construction is expected to be finished by early June.

public during construction, although the main entrance will be closed periodically.

SARAH RAE/METRO

PUBLISHING

David Mulroney wins J.W. Dafoe Book Prize

Former Canadian diplomat David Mulroney is the winner of this year's J.W. Dafoe Book Prize.

The Halifax native was among five finalists for the \$10,000 award, which honours non-fiction about Canada and is named after prominent Canadian editor John Wesley Dafoe.

Mulroney was awarded the top prize for his book "Middle Kingdom, Middle Power: What Canadians Need to Know About China in the 21st Century" (Penguin Random House Canada).

Mulroney served as the Canadian ambassador to China from 2009 to 2012.

THE CANADIAN PRESS

A PEOPLE AS RUGGED
AND HONEST AS THE LAND.



QUEEN'S MARQUEE



THE FASTEST GROWING AUTOMOTIVE BRAND IN CANADA Based on full-line brands, on 12 month, year over year rolling unit sales



APRIL 13TH - 18TH ONLY

FOR A LIMITED TIME

GET UP TO

\$2,000

BONUS CASH

ON PATHFINDER MODELS

ROGUE*



LEASE* FROM **\$256** MONTHLY WITH **\$0** DOWN
THAT'S LIKE PAYING ONLY

\$59 WEEKLY ON 2016 ROGUE S FWD AT **1.49%**

LEASE PAYMENTS
INCLUDE FREIGHT AND PDE

INCLUDES \$1,000 TOTAL MY CHOICE BONUS CASH

STEP UP TO THE SV
SPECIAL EDITION

FOR ONLY **\$8** MORE PER WEEK

FEATURING: • ALUMINUM-ALLOY WHEELS
• HEATED FRONT SEATS & MORE



SL AWD Premium model shown*



1.8 SR model shown*

SENTRA* NEWLY REDESIGNED

LEASE* FROM **\$189** MONTHLY WITH **\$0** DOWN
THAT'S LIKE PAYING ONLY

\$44 WEEKLY ON 2016 SENTRA S M6 AT **1.99%**

LEASE PAYMENTS
INCLUDE FREIGHT AND PDE

APR FOR 60 MONTHS



When Equipped
with Forward
Emergency Braking

INCLUDES \$750 MY CHOICE BONUS CASH

PATHFINDER*

LEASE* FROM **\$363** MONTHLY WITH **\$0** DOWN
THAT'S LIKE PAYING ONLY

\$84 WEEKLY ON 2016 PATHFINDER S 4X2 AT **2.99%**

LEASE PAYMENTS
INCLUDE FREIGHT AND PDE

\$2,000 TOTAL MY CHOICE BONUS CASH

AVAILABLE FEATURES INCLUDE:
• CLASS EXCLUSIVE EZ FLEX SEATING*
• CLASS EXCLUSIVE INTUITIVE 4WD*



Platinum model shown*



JUKE*



Colour Studio SL AWD shown*

FINANCE* FROM **\$255** MONTHLY WITH **\$0** DOWN
THAT'S LIKE PAYING ONLY

\$59 WEEKLY ON JUKE* SV FWD AT **0%**

FINANCE PAYMENTS
INCLUDE FREIGHT AND PDE

APR FOR 84 MONTHS

AVAILABLE FEATURES INCLUDE:
• 1.6L DIRECT INJECTION GASOLINE (DIG)
• TURBOCHARGED ENGINE
• NISSANCONNECTSM WITH NAVIGATION

\$1,000 TOTAL MY CHOICE BONUS CASH

ALREADY DRIVING A NISSAN? OUR LOYALTY PROGRAM HAS GREAT OFFERS!

VISIT CHOOSENISSAN.CA OR YOUR LOCAL RETAILER

Offers available from April 13 - April 18, 2016. *Payments cannot be made on a weekly basis, for advertising purposes only. **Total bonus cash incentives of \$500 // \$750 // \$1,000 // \$1,500 // \$2,000 applicable on 2016 Micra // 2016 Sentra // 2015 Micra, 2015 Sentra, 2016 Versa Note, 2015 Versa Note, 2016 Altima, 2016 Juke, 2016 Rogue, 2016 Murano // 2015 Altima, 2015 Pathfinder. Total bonus cash incentives consist of: (i) \$750 // \$1,500 My Choice bonus cash; and (ii) a 5-Day Sales Event bonus cash incentive of \$250//\$500 on 2016 Altima, 2016 Juke, 2016 Murano models // 2016 Pathfinder models. Advertiser offers are before tax deductions. *Representative finance offer based on a new 2016 Rogue S FWD CVT (Y6RG16 AA00)/2016 Juke SV FWD (N5RT16 AA00). Selling price is \$25,874/\$21,448 financed at 0%/0% APR equals 60/84 monthly payments of \$431/\$255 monthly for a 60/84 month term. \$0 down payment required. Cost of borrowing is \$0 for a total obligation of \$25,874/\$21,448. \$1,000/\$1,000 My Choice bonus cash included in advertised offer. *Representative monthly lease offer based on a new 2016 Rogue S FWD CVT (Y6RG16 AA00)/2016 Rogue SV Special Edition FWD (Y6SG16 AA00)/2016 Sentra 1.8 S M6 (C4LG16 AA00)/2016 Pathfinder S 4 X2 (5XRG16 AA00). 1.49%/1.49%/1.99%/2.99% lease APR for a 60/60/60/60 month term equals monthly payments of \$256/\$287/\$189/\$363 with \$0/\$0/\$0/\$0 down payment, and \$0 security deposit. First monthly payment, down payment and \$0 security deposit are due at lease inception. Payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at \$0.10/km. Total lease obligation is \$15,331/\$17,194/\$11,326/\$21,767. \$1,000/\$1,000/\$750/\$2,000 My Choice bonus cash included in advertised offer. \$200/\$75 lease cash apply on 2016 Sentra 1.8 S M6 (C4LG16 AA00)/2016 Rogue S FWD CVT (Y6RG16 AA00). *Models shown \$37,343/\$24,198/\$48,793/\$35,128 Selling price for a new 2016 Rogue SL AWD Premium (Y6DG16 BK00)/2016 Sentra 1.8 SR CVT (C4SG16 AA00)/2016 Pathfinder Platinum 4x4 (5XEG16 AA00)/2016 Juke* Colour Studio SL AWD (N5XT16 AA00). ***Freight and PDE charges (\$1,795/\$1,600/\$1,795/\$1,795) air-conditioning levy (\$100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your dealer or visit Nissan.ca/Loyalty. 2016 Sentra/2016 Murano is recognized as IIHS top safety pick+ when equipped with Forward Emergency Braking. For more information see www.iihs.org. *Ward's Large Cross Utility Market Segmentation. MY16 Pathfinder vs 2016 and 2015 Large Cross/Utility Class. 2016 Rogue recognized as IIHS top safety picks when equipped with Forward Emergency Braking. For more information see www.iihs.org. *FEB cannot prevent accidents due to carelessness or dangerous driving techniques. It may not provide warning or braking in certain conditions. See your participating Nissan retailer for complete details. ©2016 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc.



OREGON'S
DRIVING HIGHER STANDARDS

NISSAN
HALIFAX
DARTMOUTH

HALIFAX - 3461 KEMPT ROAD • 902-453-2020
DARTMOUTH - 60 BAKER DRIVE, UNIT C • 902-469-8484

WWW.OREGANSNISSANHALIFAX.COM
WWW.OREGANSNISSANDARTMOUTH.COM



FROM SNOW TO SHOWERS A man walks past the Halifax Central Library after an early morning rainfall on Wednesday. Environment Canada is calling for more wet weather for the remainder of the week. JEFF HARPER/METRO

LGBTQ+ youth, elders collaborate

OUTREACH

Group hosts series of panels to connect generations



Nicole Gnazdowsky
For Metro | Halifax

Rebecca Rose says LGBTQ+ people are some of the only individuals that are not necessarily born into a supportive community of people who are equally marginalized.

Rose is the board chair for the Nova Scotia Rainbow Action Project, an organization working to connect LGBTQ+ youth with the leadership and guidance they both seek and need.

"As an LGBTQ+ you don't usually find your elders until you're a little older, so we're looking to change that," says Rose.

The NSRAP has been hosting an array of panels aimed at connecting younger LGBTQ+ people with older members of the community. They hope the panels will serve to bridge the generational divide and have decided to film the conversations between these pairs to showcase the educational process.

"Elders and youth both learn from the process. Learning a lot about LGBT history and also just what's happening right now in the trans community," says Rose.

"They're all pretty heart warming, thought provoking, intergenerational discussions," Rose says.

The videos are themed around three LGBTQ+ issues: coming out, queer and trans spaces, and issues faced particularly by black and Mi'kmaq members of the community.

"In our community we are almost in danger of re-inventing the wheel. There are a lot of similarities between



As an LGBTQ+ you don't usually find your elders until you're a little older, so we're looking to change that.

Rebecca Rose

generations, but they learned a lot back then and if we're not in touch with our elders and not in conversation, we could risk making some of the mistakes that they did," Rose says.

+ ON THE SCREEN

The filmed conversations will be screened at the Halifax Central Library on Saturday from 3 p.m. until 4:30 p.m.

Pay with debit. Earn cash. It's that simple.

Earn up to
\$600
cash back in
the first year.



Get the only cash back debit card in Canada.

Open a new Scotiabank Momentum Chequing Account and earn double the cash back on all of your debit purchases until July 31, 2016 – up to \$600 in the first year.

www.scotiabank.com/momentumchequing

You're richer than you think.



*Registered trademarks of The Bank of Nova Scotia. TM Trademark of The Bank of Nova Scotia. Interac and Interac Flash are trademarks of Interac Inc. used under license. The standard cash back is 1% on all debit purchases, subject to the account terms. In order to qualify for the additional 1% cash back bonus ("Bonus"), you must open a Scotiabank Momentum Chequing Account (an "Eligible Account") between March 21, 2016 and June 30, 2016. Employees of Scotiabank and individuals who are/were previously holders or joint holders of an Eligible Account, Scotia Moneyback™ Account, Scotia One™ Account, Basic Banking Account, Basic Banking Plan, or Scotia Value® Account, are not eligible. Maximum one offer per customer. After July 31, 2016, only the standard cash back of 1% will apply to a maximum of \$300 in 2016. The Bonus cannot exceed \$300. To receive any cash back, the new Eligible Account must remain open and in good standing throughout November 2016 which means that it has not been in continuous overdraft with or without Overdraft Protection for a period of three consecutive months. This offer cannot be duplicated or combined with any other offer. Scotiabank may withdraw or change this offer at any time without notice.

Smiles, courage and positivity

CRIME

Cole Harbour shooting victim builds back strength

The first thing you notice about Ashley MacLean Kearsse is her smile.

Her positive attitude and laughter are infectious. She also works out with the determination of an Olympic athlete.

But her goal isn't to be an Olympian. Her goal is to be able to walk again.

Ashley was shot several times on Nov. 30, 2014 during a robbery in Cole Harbour, leaving her quadriplegic before graduating high school.

One of the bullets is still in

her back.

But for the first time since the shooting, Ashley can now lift her arms over her head, and move her hands and torso.

"Right now the goal is to get my core strong enough so I can sit myself up and move around a little bit," Ashley said at the Platypus Medical Exercise Therapy and Training centre in Windsor.

"Right now I can feel it in my sides; it's kind of hard to explain, it's like wearing a binder," she said.

Since coming to Platypus on and off for about six months, she has already made a lot of progress.

"It feels a lot better than it used to. I couldn't move anything before, not even my hands," she said.

Dr. Matthias Jaepel is from

+ HOW TO HELP

GoFundMe for a van

Ashley's mother, Wendy Kearsse, is hoping to get an accessible van to improve her daughter's quality of life. To that end, she has established a GoFundMe page to fundraise towards a vehicle that. So far, they've raised a little more than \$600.

Germany and is using a technique called medical exercise therapy to bring her mobility back.

"She couldn't do this half a year ago," Jaepel said, guiding her with pulleys and weights. "She has more strength in her extensors, she has more strength in her flexors in her upper arms."

While the two work the machines, jazz music plays in the background and the walls are



Ashley MacLean Kearsse uses pulleys and weights to re-awaken nerves that went dormant after she was shot during a robbery in Cole Harbour. Her goal is to walk again and eventually go back to school. TC MEDIA

“It feels a lot better than it used to. I couldn't move anything before.”
Ashley MacLean Kearsse

covered by paintings and sculptures.

Jaepel says it's all about stimulating the nerves back into life. The process involves weights on pulleys at different angles that are easy to manipulate. He can change the angles on the fly to challenge different muscles.

"Here she's building structure, where what we'd usually see is a lot of atrophy, so it's a good sign," he said. "We only get structure if the nerve is working. Without a nerve there is no muscle."

At another point in the exercise he taps a green balloon

back and forth with Ashley, like low-gravity volleyball. She's able to hit every volley back. She also holds and catches large rubber balls.

These are activities that may seem simple to someone with full mobility, but for Ashley, this is all new again. TC MEDIA



Path to Employment Seminars Register Now!

Tuesday, April 26 – 4pm-7pm

REGISTER NOW:

info@easterncollege.ca | www.easterncollege.ca/path

for your chance to **WIN**
an iPad Mini at this event!

Get valuable info on:

- Funding Options
- Job Trends
- Employment Assistance

Start Your New Career Now!

Halifax Campus: 6940 Mumford Rd.

0416

MURDER

Barrett sentenced to life, calls trial 'witch hunt'

While still proclaiming his innocence, a Glace Bay man was sentenced Wednesday to life in prison with no parole eligibility for 15 years after being convicted of second-degree murder.

Thomas Ted Barrett, 41, was convicted in March of murdering 19-year-old Brett Elizabeth McKinnon of Glace Bay, who was first reported missing in July 2006. Her skeletal remains were found near an abandoned landfill in 2008. Although an autopsy was unable to conclusively determine the cause of death, Supreme Court Justice Robin Gogan ruled McKinnon died after being strangled by Barrett, who accused the young woman of stealing drugs from him.

Gogan made the determination after presiding over a nine-day trial during which she heard testimony from 18 Crown witnesses — represented by senior Crown prosecutors Kathryn Pentz and Diane McGrath — and two for the defence — represented by Brian Bailey. Barrett did not take the stand on his own behalf.

The conviction meant an automatic life sentence and Wednesday's hearing determined the amount of time he is to spend in a federal jail before becoming



Thomas Ted Barrett was convicted in March of murdering Brett Elizabeth McKinnon of Glace Bay. TC MEDIA

eligible to apply for parole.

"The trial was a witch hunt," Barrett said in addressing the court Wednesday, adding that bias against him resulted in the guilty verdict.

12 yrs

Number of years Barrett must remain in prison before applying for parole. He's already served three years.
TORSTAR MEDIA

The hearing also heard from five of McKinnon's family members, including her mother and brother, who read their victim impact statements in court.

In struggling to remain composed, Lynn Singleton, McKinnon's mother, described her daughter as being high spirited with strong opinions.

"She loved life, joking around, music, sports, fashion and she loved her brother, BJ."

For 10 years, the family has awaited for McKinnon's killer to be brought to justice. TC MEDIA

Man accused of confining woman

CRIME

Charges laid after alleged cabin lock-in incident



**Zane
Woodford**
Metro | Halifax

A Nova Scotia man has been charged with unlawful confinement after RCMP allege he locked

a woman in a cabin.

Police say 30-year-old Justin Daniel MacLeod offered to drive a woman home after meeting her at a party on April 8, but instead of driving her home, he brought her to a "secluded area of Richmond County and locked her in his family's cabin."

The man then left and the woman escaped, then broke into a nearby cabin to hide before eventually fleeing the scene altogether. She was not injured.

Police got a call the next day from the owner of the cottage

the woman had broken into to hide, reporting a break and enter.

They don't say how that led them to MacLeod, just that he was arrested over the weekend. He appeared in court Tuesday, charged with unlawful confinement and breach of conditions.

+ SUSPECT

Justin Daniel MacLeod was released. He is due in court in Port Hawkesbury in May.

IN BRIEF

Child porn charges laid

A Hatcher Lake man is facing child pornography charges following a search of a home on April 8.

The RCMP say Benjamin Robert Boucher, 32, was arrested and charged with accessing child pornography and possession of child pornography. He was released on conditions and is sched-

uled to appear in Halifax provincial court May 30.

Pedestrian ticketed after hitting cube truck

A pedestrian has been ticketed after a collision in Halifax Wednesday. At 9:05 a.m., police were called to the 2800 block of Gottingen Street.

A cube truck was in the crossing waiting to turn when

a 50-year-old man in an electric wheelchair entered the crosswalk, striking the back of the truck.

He was treated for non-life threatening injuries at the QEII Health Sciences Centre and released. He was issued a ticket for moving into the path of a vehicle when impractical for the vehicle to stop. METRO

SPRING STYLE EVENT

THE MOST EFFICIENT WAY TO BUY WINDOW COVERINGS.
NOW WITH MORE ENERGY-EFFICIENT SOLUTIONS.



ASK HOW YOU CAN LOWER YOUR
RECURRING ENERGY EXPENSES
BY UP TO 30%!
Products vary in their energy efficiency. Inquire with your Budget Blinds Style Consultant.

GET A REBATE UP TO \$250*

when you purchase outdoor and energy-efficient window coverings

Schedule your FREE In-Home Consultation today!

866-491-7662 // BudgetBlinds.com

**Budget
Blinds**

Canada's #1 Choice for Window Coverings



In-Home Consultation



Expert Measuring



Professional Installation



The Strongest Warranty

*Applies to selected Signature Series® window treatments by Budget Blinds®. Purchases of \$1,000 or more qualify for a rebate of \$100, and purchases of \$2,500 or more qualify for a rebate of \$250. Some restrictions may apply. Ask for details. Not valid with any other offers, discounts, or coupons. Valid for a limited time only. Offer good at initial time of estimate only. At participating franchises only. ©2016 Budget Blinds, LLC. All Rights Reserved. Budget Blinds is a trademark of Budget Blinds, LLC and a Home Franchise Concepts Brand. Each franchise independently owned and operated. Franchise opportunities available.

NOTICE

IN THE MATTER OF The *Land Titles Clarification Act*,
Revised Statutes of Nova Scotia 1989, Chapter 250,
as Amended, subsection 5(7).

TAKE NOTICE that a Certificate of Claim to the following described land situate in the East Preston Land Titles Clarification Area was issued by the Minister of Natural Resources in the name of Terry Benjamin Thomas under Certificate of Claim No. 3223494-C and was registered at the Land Registration Office at Dartmouth, in the County of Halifax, Province of Nova Scotia, the 11th day of April, 2016 as document number 108777880, said land being described as Lot 143 on a plan of survey entitled 'Plan Showing Lands Claimed by Gordon B. Thomas, Lot 143, Land Titles Clarification Area, Lower Partridge River Road, East Preston, Halifax County, N.S.'

BOUNDED on the north by lands now or formerly of Gordon B. Thomas; on the south by Highway 107, on the west by Lower Partridge River Road and on the east by the Partridge River. Containing an area of 27.3 acres, more or less.

A more particular description may be obtained from the Land Registration Office referred to above.

ANY PERSON WHO CLAIMS TO HAVE AN INTEREST in the above described land or who is the holder of a lien, judgment, mortgage, encumbrance or any other charge may, pursuant to subsection 7(1) of the Act, within sixty (60) days of the date of registration of the Certificate of Claim file a written notice thereof with the Minister of Natural Resources, c/o Manager, Acquisitions and Disposals, Land Administration Division, P.O. Box 698, Halifax, Nova Scotia, B3J 2T9.

Dated this 5th day of April, 2016 at Halifax,
in the County of Halifax, Province of Nova Scotia.

Honourable Lloyd P. Hines
Minister of Natural Resources



Nova Scotia hockey fans, take heart

Still plenty of players to cheer for in the NHL playoffs even without any Canadian teams to get behind



Kristen Lipscombe
Metro | Halifax

So no Habs and no Leafs, eh? There may not be any Canadian teams in the running for the 2016 Stanley Cup, or even the Boston Bruins, but Nova Scotian hockey fans still have plenty to cheer for this post-season.

Just in time for puck drop on the 2016 NHL playoffs, Metro Halifax has compiled this list of some local Bluenosers or those with ties to Halifax that fans should watch for in the race for hockey's most coveted trophy.

So go ahead and jump right on that bandwagon:

Florida Panthers

Although he's not on their roster right now, Glace Bay native Logan Shaw, 23, spent some time in the regular season with the Florida Panthers, and could be called up again.

"He had a pretty big run with them," John Moore, the voice of the Halifax Mooseheads on 95.7, and a well-respected local hockey expert, said Wednesday.

Shaw contributed seven points in 53 games after being brought up from the American Hockey League.

Shaw will likely be one of the first calls Florida management will make if they need

fill-ins up front. "He'll be on the top of the list."

Tampa Bay Lightning

All eyes will be on former Halifax Mooseheads forward and 2013 Memorial Cup champion Jonathan Drouin, who looks to prove himself after a shaky start to his NHL career, including a suspension this season after at first refusing to play for the AHL's Syracuse Crunch.

Drouin, 21, has since come around; he notched nine goals in 10 games with the Crunch and is back on the Lightning's roster, with the chance to make a real impact.

"One of the most interesting stories will be Jonathan Drouin's return to the Tampa Bay lineup," Moore said.

Drouin only played six playoff games with Tampa Bay during his rookie season, but with several injuries to the Lightning lineup including captain Steven Stamkos, the flashy forward should see more ice.

"He'll be a player that Tampa will be looking to, to step to the forefront," Moore said. "And he wants to do that, based

on what's happened this past year."

Also on the Tampa Bay roster is a lesser-known forward with local ties. Alex Killorn, 27, was born in Halifax but raised in Beaconsfield, Que. He has tallied 42 points for 138 points in 272 games played in four seasons with the Lightning.

"He had a remarkable year last year in the playoffs," Moore said. "He was a player that exceeded expectations."

Grand Lake's Rick Bowness is also an associate coach with the team.

New York Islanders

This season may very well be a swan song for left winger

Eric Boulton, 39, of the New York Islanders.

The Sackville native was drafted 234th overall in the ninth round of the 1994 entry draft by the New York Rangers, but played for the Atlanta Thrashers, Buffalo Sabres and New Jersey Islanders before signing with the Islanders in 2012 as a free agent.

"He plays that physical, tough, hard-nosed role," Moore explained. "Those guys are as important as ever in the playoffs, but

I'm just not sure how much ice he'll (see)."

Philadelphia Flyers

There are a couple of players Nova Scotians will want to follow on the Philadelphia Flyers.

Blueliner Andrew MacDonald, 29, caused some trouble for Philly's salary cap earlier this season with his multimillion-dollar contract, but he appears to be back on the NHL roster.

This year's playoffs could be MacDonald's chance to prove his value, Moore said.

"He's not a flashy-type defenceman," Moore said of the Judique native who laced up for the Moncton Wildcats of the Quebec Major Junior Hockey League. "He's a shot-blocking, intelligent defenceman that can shut down guys."

Up front, Herd fans will be looking for right-winger Jakub Voracek, 26, to keep producing. The former Halifax Mooseheads forward from Kladno, Czech Republic, had 11 goals and 44 assists for 55 points to land in fourth for his team's regular season scoring.

Pittsburgh Penguins

Of course, there's also Sid the Kid. Despite a sluggish start to

the season and the usual opposition calling him over-rated, Nova Scotians still love seeing the Pittsburgh Penguins captain Sidney Crosby, 27, make his home province proud, and many want nothing more than for him to bring Lord Stanley back home.

"He had that period where people were questioning, what's wrong with Sidney Crosby?" Moore said, adding Penguins management was quick to tell fans that "we're not as a team getting him the puck when he needs to have the puck; it's more about us than it is about him."

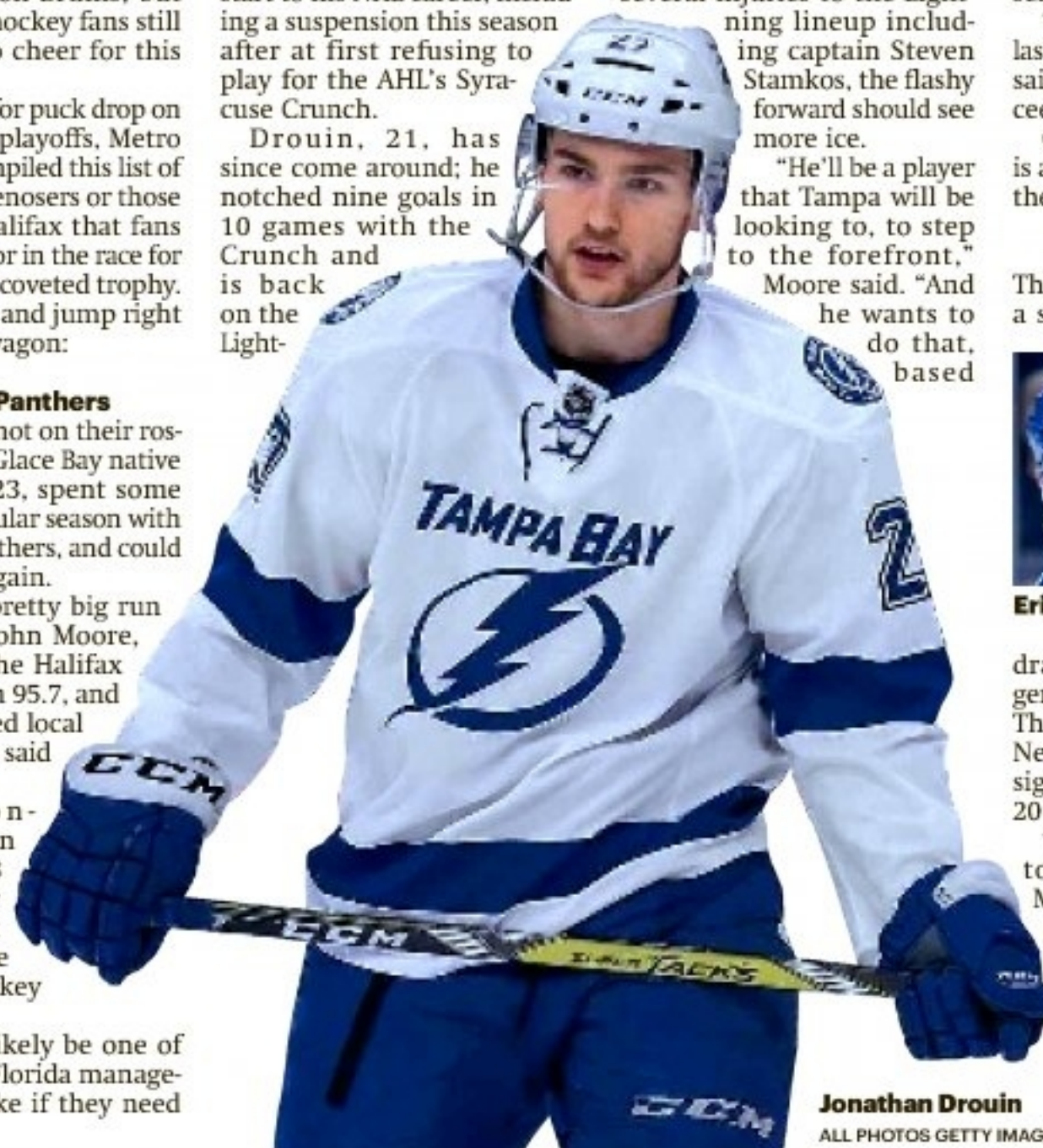
Washington Capitals

Also recalled from the AHL earlier this month is Truro native Zach Sill, 27, who will suit up for the Washington Capitals this post-season.

The former Moncton Wildcats forward signed a two-year contract with the Pittsburgh Penguins in 2011, but has since bounced around quite a bit, playing for the Toronto Maple Leafs briefly and spending the 2015-16 regular season with the Hershey Bears.

"He's one of those consummate team guys," Moore said.

In fact, Moore suggested, Sill is the type of player that "fits on a championship team." A future NHL champion, perhaps?



Jonathan Drouin
ALL PHOTOS GETTY IMAGES



Eric Boulton



Jakub Voracek



Zach Sill

Train to deliver short & long-term care to those in need.

Become a *Continuing Care Assistant* for home care, long-term care and hospitals. This is a growing industry that offers flexible hours and competitive pay.



Success College
Get Ready.

Call or Click
Today!

successcollege.ca 902.865.8283

SPORTS BARS

No Canada could be bad for business



Sarah Rae
For Metro | Halifax

Without a single Canadian team to root for, Halifax sports bars could be hit in the pocketbooks for the upcoming 2016 NHL playoffs.

Puck drops on the post-season Wednesday night. Midtown Tavern manager Bob Grant said he thinks fewer people will be watching in Nova Scotia and throughout Canada.

"Montreal seems to be a team that really brings people out, so that'll hurt things a bit," he said Wednesday.

He thinks fans will still support the Pittsburgh Penguins because of Sidney Crosby, but

not being able to see Canadian teams such as the Toronto Maple Leafs or Montreal Canadiens, or local favourites such as the Boston Bruins, could affect business.

Oasis Pub manager Kelsey Amero said business would be "100 per cent" affected by the lack of Canadian teams.

He said other than the Penguins, there just aren't many popular teams in the playoffs this year, but the bar is trying to get sports lovers out to games by putting wings on sale.

Grant says what won't change is that there will always be an exciting series to watch, even without Canadian teams to root for, which means big groups doing playoff pools coming in as customers.

THE BUZZ

Haligonians weigh in on social media

Who are you watching on NHL ice?

We asked our Facebook followers who they'll be rooting for this playoff season, and whether or not it would be Sid the Kid and the Penguins.

"Going for Tampa," Jamie MacKenzie wrote in her response.

"Killorn can bring the cup here," she said of 27-year-old Tampa Bay forward Alex Killorn of Halifax.

"It always was Crosby and the Penguins for this guy!" wrote Ron Lee of Nova Scotia's biggest hockey star, hailing from Cole Harbour. "Go Pens Go." KRISTEN LIPSCOMBE/METRO

5 DAYS ONLY



2016 PASSAT

2016 TIGUAN

2016 JETTA

FINANCE FROM

0%

FOR UP TO
60 MONTHS*
on select models

GET UP TO

+\$2,000[^]

BONUS CASH** on other select models

UP TO

+\$1,000

5-DAY BONUS† on select models

[^]Jetta Highline, GLI and Hybrid amount shown

FROM TUESDAY, APRIL 12 TO SATURDAY, APRIL 16 ONLY

**Exceptional exists for less than you think.
See for yourself at vwoffers.ca.**



Volkswagen

*Limited time finance offer available through Volkswagen Finance, on approved credit, on select new and unregistered 2016 models. Ex. based on 2016 Jetta 1.4T Trendline (#163VF1) base model with 5-speed manual transmission with base MSRP of \$17,620, including \$1,625 freight and PDI, financed at 0% APR for 60 months equals 60 monthly payments starting from \$286 (after application of \$500 bonus cash). \$0 down payment or equivalent trade-in due at signing. Cost of borrowing is \$0 for a total obligation of \$17,120. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **Up to \$2,000/\$1,500 bonus cash available to be applied as a discount on MSRP on finance or lease only (through Volkswagen Finance, on approved credit) of select new and unregistered 2016 Jetta 1.8T Highline, GLI and Hybrid / Tiguan Highline 4MOTION models. Discount varies by model. †Up to \$1,000 bonus cash available to be applied as a discount on MSRP on cash purchase, finance or lease (through Volkswagen Finance, on approved credit) of select new and unregistered 2016 Jetta Comfortline, 1.8T Highline, GLI and Hybrid, Passat and Tiguan models. Discount varies by model. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end April 16, 2016 and are subject to change or cancellation without notice. Visit vwoffers.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Passat", "Tiguan", "Jetta" and "Highline" are registered trademarks of Volkswagen AG. © 2016 Volkswagen Canada.

Jay Mayne making tracks in hip-hop

MUSIC

Artist taking his lyrics from Dartmouth to U.S. and U.K.



Brenlee Brothers
For Metro | Halifax

Jay Mayne started rapping during high school in his mom's kitchen.

Now with over 15 mixtapes, the 31-year-old hip-hop artist from Dartmouth has an opportunity to take his music career to the next level.

Three days ago, Mayne signed a one-year contract with Blingnot Media, an American distribution company responsible for facilitating the careers of artists like Lauryn Hill, The Fugees, Kris Kross and Flo Rida.

"It's definitely a piece to the puzzle," Mayne told Metro on Wednesday.

As a Canadian artist, it's often hard to get exposure in the United States, so he said the deal with Blingnot will help him achieve that.

"Anything to break into that market," he said. "Canada is stagnant waters."

"I'm just excited to be able to get out of the country with it."

On the South Common in Halifax, dressed head-to-toe in black, Mayne said as far as expression-wise, skateboarding and music are one and the same for him.

"You just get out here and you do it how you want to do it; there's no boundaries," he



Rapper Jay Mayne poses for a photo at the Halifax Common Skate Park on Wednesday. He says he's excited to perform in skateboard heaven L.A. JEFF HARPER/METRO

said. "It's your own art."

Mayne writes all of his own lyrics and has recently started making his own beats.

He said he works most from his home studio where he can wake up at 2:30 a.m. with an idea and lay it down without having to call anyone.

"The less people involved, the easier it is to make things happen," he said.

He will be performing at the ECMAs in Sydney this Friday and Saturday and then heads south of the border.

He'll be in Salt Lake City on June 19, Los Angeles from June

"The less people involved, the easier it is to make things happen."

Jay Mayne

20 to 27 and London some time in August.

As a passionate skateboarder, Mayne is looking forward to his performance in L.A., the skateboarding capital of the world.

"I don't know if I'm more stoked for music, or skateboarding," he said.

As far as advice goes for the people who are trying to make something of themselves in Canadian hip-hop, Mayne said it's best to try to be as independent as you can.

"Keep a small circle so there's not a lot of people trying to pull you," he said.

RECEIVE A

**MINIMUM \$2500
GUARANTEED**

TRADE ON YOUR OLD VEHICLE
WHEN YOU TRADE IN FOR
A 2016 COROLLA.

2016 COROLLA Lease from **\$63 BI-WEEKLY** \$0 down



O'REGAN'S
DRIVING HIGHER STANDARDS

TOYOTA
DARTMOUTH
HALIFAX

60 Baker Dr, Unit A
3575 Kempt Rd

902-464-9550
902-453-2331

See dealership for details. Lease payment is pre-tax.
Etch/Road Hazard. See your O'Regan's Toyota dealer-
ship for more details on minimum trade in.





HOPE FOR WILDLIFE NOT QUITE SWAN LAKE A goose bathes in Sullivan's Pond in Dartmouth during a light rain storm on Wednesday. The geese were recently delivered back to the park after spending the winter at Hope for Wildlife. JEFF HARPER/METRO

Dying with Dignity talks competence

ASSISTED DEATH

Mentally ill, those at risk of dementia need access: Group



Nicole Gnazdowsky
For Metro | Halifax

Dying with Dignity Canada wants to make sure the legislation surrounding assisted death will be applied fairly to patients of all ages and conditions.

The federal government is set to announce the legislation Thursday morning after considering 21 recommendations on the issue. Dying with Dignity Canada is particularly concerned about a few of these recommendations, and the Nova Scotia chapter wants to ensure people are well-informed before forming any firm opinions.

"I'm hoping once I explain these recommendations I

can get people behind what they really mean," said Sheila Sperry, head of the Nova Scotia chapter.

They will hold a discussion panel Thursday from 6:30 p.m. until 8:30 p.m. at Dartmouth's Alderney Library.

Two of the issues Sperry wants to focus on include rights for people with mental-health issues and advanced care for dementia patients.

Sperry believes that people with mental-health issues are fully competent individuals who should be able to decide whether or not assisted death is right for them, as anyone with any other illness will be able to.

"There would be two problems that could arise if we deny people with mental illnesses this right," Sperry said.

"First, it's another stigma against people with mental illness. We're saying that there's something wrong with you; it's not that you're ill. Second, we're setting ourselves up for a court challenge because we are taking a right away from

+ GET INVOLVED

Dying with Dignity Canada is asking people to participate in their Voice Your Choice campaign and to write letters to members of parliament voicing their opinions.

someone."

The group also wants to make sure that if you are diagnosed with dementia, you can establish a personal care directive that will be honoured once the disease takes over and you are no longer legally considered competent to make the decision.

"If you make the request now when you are fully competent, you are basing your decision on what you feel right now," said Sperry.

"If you get dementia, not only wouldn't you request it but you wouldn't even know that you're living a life you didn't want to live."

ANNUAL DRESS DRIVE

SATURDAY, APRIL 16th, 10AM-4PM

Located next to Shades of Pink. Cost of a dress is \$25.

Cash only and valid student ID is required.

The sunny side of giving!

Donate your gently used prom or formal dress to Shades Hair Studio from April 1st to 15th (Monday to Saturday) and receive a FREE goody bag!

special thanks to



in support of



Sunnyside
MALL
SunnysideMall.ca



Rent now
and enjoy your
first month
FREE!



VISIT OUR OPEN HOUSE SAT & SUN 11AM - 3PM
396 PRINCESS MARGARET BLVD., DARTMOUTH

- Spacious townhouses & apartments available
- Family-friendly community in a park-like setting
- Separate entrances & yards • Children's play area & walking trails
- Conveniently located next to the MacKay Bridge
- Just steps to public transit

To view today call (902) 430-6624 or visit universalgroup.ca

*Some conditions apply. Call for details.

Canada more unequal for kids: UNICEF

EQUALITY

Report ranks this country 26th out of 35 nations

Among the world's rich countries, Canada is one of the more unequal societies for children, according to a new UNICEF report on the well-being of young people.

"In the international Olympics of child well-being, there isn't much to celebrate," UNICEF Canada said in a companion analysis released Thursday.

David Morley, president and CEO of UNICEF Canada, told Torstar News Service "we need to make some investments" because "if we make things better for our poorest children, it makes them better for our society and builds the kind of society we want to think we are."

The global report, UNICEF's Report Card 13: Fairness for Children, focused on what is called "bottom-end inequality" — how far the poorest children are allowed to fall behind the average of their peers.

It looked at the difference in four key areas — income, health, education and life satisfaction — between those children at the bottom 10 per cent of family income and those in the middle.

In 2013, Canada ranked 17th out of 29 affluent countries. In

+ KEY FINDINGS

■ **Most areas of child well-being** showed no improvement in Canada over the last decade.

■ **The poorest children** in Canada have family incomes 53 per cent lower than the average child.

■ **Boys and girls are "differently" unequal**, with boys more likely to fall behind in education, girls more likely to fall behind in health and life satisfaction.

this latest study, Canada is 26th out of 35 nations.

"Canada is one of the more unequal societies for children," said the UNICEF Canada report titled Fairness for Children: Canada's Challenge. "The growing gaps suggest that life is becoming more difficult for the most excluded children as social inequality has widened."

Alarming, Canada has one of the highest proportions of children reporting very low life satisfaction, which is associated with poor mental health and risky behaviour.

For indigenous and racialized communities, especially, there is a sense of "being beyond the fringe, not even on the fringes," Morley said. TORSTAR NEWS SERVICE



Crickets are shown in the cricket barn at Entomo Farms in Ontario. **Bugs might be a diet staple in most parts of the world, but the thought of munching on insects is enough to make many Canadians squirm.** FRED THORNHILL/THE CANADIAN PRESS

FOOD

'Massive value' to eating insects, brothers say

Bugs might be a diet staple in many parts of the world, but the thought of munching on insects is probably enough to make most Canadians squirm.

Yet three brothers think it's time for people in this country to get over their squeamishness and eat the nutrient-rich creatures.

"If you want your relationship with food to be one where the food you eat enhances your life, enhances your wellness and helps you live longer, then you should consider insects. And at the same time they help the planet," says Jarrod Goldin, president of Entomo Farms, which raises crickets and mealworms for human

consumption in Ontario.

"If you don't care about living longer and your health and all you want to do is drink pop and eat Doritos, then God bless you, go right ahead. It's not for us to preach or try to convince."

"There is a massive, massive value to eating insects, massive value, for people, for their children, for their families."

Eating insects, known as entomophagy, is a nutritious alternative to other proteins like chicken, pork, beef and even fish.

"As a source of protein, for example, weight for weight, it has twice as much protein as beef," says Goldin.

"It has all nine essential amino acids, again twice the



Being cold-blooded, they don't really feel the pain.

Jarrod Goldin, talking about crickets

amount of beef. It has about 30 times more B12 in it than beef does."

They emit fewer greenhouse gases and less ammonia than cattle or pigs and need significantly less land and water than cattle rearing, adds Goldin.

A 2013 report, "Edible Insects: Future Prospects for Food and Feed Security" by the Food and Agriculture Organization of the United Nations, proved inspirational to Goldin and his brothers Darren and Ryan.

By 2050, the world will host nine billion people and current food production will need to almost double, according to the report. Yet land is scarce, oceans are overfished and climate change and related water shortages could have profound implications for food production.

The FAO estimates insects form part of the diet of at least two billion people and thousands of species have reportedly been used as food.

THE CANADIAN PRESS

CLEVE'S FORUM SALE!

\$2.3 MILLION

INVENTORY CLEARANCE AT THE HALIFAX FORUM

Cleve's Source for Sports is marking down their huge inventory of sporting goods and loading it all into the Halifax Forum Multi-purpose Room for immediate sale. Sales Reps are slashing prices on their samples. **All to be sold off at up to 77% off!**

Thursday Apr. 14: Noon - 9pm • Friday Apr. 15: 9am - 9pm

Saturday Apr. 16: 9am - 6pm • Sunday Apr. 17: 9am - 5pm

Halifax Forum Multi-purpose Room on Young Street



CLEVE'S
Source
for sports.

MacLaren's latest gaffe draws ire

POLITICS

Ont. PC member used fake endorsements on website

A Progressive Conservative member of the Ontario legislature was sanctioned by the party's leader on Wednesday after posting fake constituent endorsements on his website and making a sexist joke about a Liberal MP.

Jack MacLaren met with party officials for more than an hour before he emerged to say the phoney endorsements were no longer on his website.

"I apologize. We have removed it from my website and we're sorry it happened," MacLaren said before walking away and declining to answer questions from a crowd of reporters and camera crews following him.

PC Leader Patrick Brown removed MacLaren as the eastern Ontario representative in the PC caucus and gave the job to another Tory member of the legislature, Jim McDonnell, but stopped short of removing him from caucus entirely.

A source familiar with the situation said Brown is furious with MacLaren, especially after he made crude remarks about MP Karen McCrimmon at a recent fundraising event near Ottawa.

Just last week Brown had to distance himself from "misogynist comments" that MacLaren



Embattled Progressive Conservative MPP Jack MacLaren is pursued by reporters on Wednesday. TORSTAR NEWS SERVICE

made in the form of a sexist joke he told about McCrimmon.

MacLaren wouldn't talk to the media about his off-colour comments, but he did issue an apology to McCrimmon after the story became public.

The uproar over those revelations had barely died down when the Ottawa Citizen reported on the phoney names and photos on MacLaren's site Tuesday night. By Wednesday morning, a disclaimer had been posted on the site admitting the names and pictures of the alleged constituents were not real.

MacLaren, who represents Carleton-Mississippi Mills in eastern Ontario, also sent out an email insisting the fake photographs and names were used to

"protect the privacy" of people who provided positive feedback to his office.

MacLaren's website was shut down by Wednesday afternoon. ReEnvision, the company that developed and provides technical support to the website, said it has "no control over the content."

MacLaren was first elected in 2011 after defeating veteran Progressive Conservative Norm Sterling, a 34-year veteran of the Ontario legislature, for the party's nomination.

The negative publicity around MacLaren had some of his Tory caucus colleagues saying they want him gone from the party entirely.

THE CANADIAN PRESS

DISCOVER CHEVROLET

DRIVE AWAY WITHOUT PAYING ON CARS AND CROSSOVERS

\$0 FIRST MONTH'S PAYMENT
\$0 DOWN PAYMENT
\$0 DUE AT DELIVERY
\$0 SECURITY DEPOSIT

ON LEASE PURCHASES



2016 CRUZE LIMITED LT AIR/AUTO

\$49* FOR 24 WEEKLY MONTHS

\$0 DOWN PAYMENT FIRST 2 BI-WEEKLY PAYMENTS ON US

LEASE \$98 BI-WEEKLY (INCLUDES \$500 GM VISA APP BONUS)



Includes Automatic Transmission, Air Conditioning, Power Express Windows, Keyless Remote Locks w/ Autostart, Cruise Control, Tilt & Telescopic Steering, Rear Vision Camera, MyLink Infotainment w/ 7" Touchscreen, Bluetooth Connectivity, OnStar 4G LTE with Wi-Fi, plus much much more...



CHEVROLET COMPLETE CARE:

2 YEARS/48,000 KM COMPLIMENTARY OIL CHANGES*

5 YEARS/160,000 KM ROADSIDE ASSISTANCE*

5 YEARS/160,000 KM POWERTRAIN WARRANTY*

CHEVROLET BUICK GMC CADILLAC

BEST MANAGED COMPANIES Platinum member

O'REGAN'S DRIVING HIGHER STANDARDS

CHEVROLET | BUICK GMC | CADILLAC

2477 ROBIE STREET
902-422-8551 | OREGANSONROBIE.COM

*Lease options are 20,000 km per year. Payment offers on approved credit only. Visit O'Regan's on Robie for complete details.

A new career. A better life.

"I need a change... a real career."

Train for a promising new career as a Paralegal in just 13 months.

Apply now to start in September

Call or Click Today

902-463-6700 **maritimebusinesscollege.com**

TEXAS

'Affluenza' teen gets nearly 2 years in jail

A judge on Wednesday ordered a Texas teenager who used an "affluenza" defence in a fatal drunken-driving wreck to serve nearly two years in jail, a surprising sanction that far exceeds the several months in jail that prosecutors initially said they would pursue.

Ethan Couch, who was appearing in adult court for the first time after he turned 19 on Monday, received 180 days for each of the four deaths in the June 2013 crash.

Initially, state District Judge Wayne Salvant said he would not immediately rule on how much longer Couch would spend in the Tarrant County jail. But he reconsidered his ruling after hearing an argument from prosecutors that Couch should be sentenced not to 120 days in jail for the

crash, but to 180 days for each of four counts of intoxication manslaughter under a separate part of Texas code.

Couch had been facing the prospect of adult jail time as part of his probation once his case had moved out of the juvenile system. Prosecutors didn't ask the judge to declare Couch had violated his juvenile probation by fleeing to Mexico with his mother last year.

Couch lost control of his family's pickup truck after he and his friends had played beer pong and drank beer that some of them had stolen from a Wal-Mart. He veered into a crowd of people helping the driver of a disabled vehicle on the side of the road. Authorities later estimated that he was going 70 mph in a 40 mph zone.

THE ASSOCIATED PRESS



Ethan Couch, the teenager who used an "affluenza" defense in a fatal drunken-driving wreck was ordered to serve nearly two years in jail. MAX FAULKNER/STAR-TELEGRAM VIA THE ASSOCIATED PRESS

IN BRIEF

UN proposal aims at extremists' use of chemical weapons

Russia and China introduced a draft UN resolution Wednesday aimed at preventing extremist groups like Daesh from developing or using chemical weapons in Syria. Officials said the proposed resolution could serve as a deterrent.

THE ASSOCIATED PRESS

China gay rights movement makes gains

A judge ruled against a gay couple in China's first same-sex marriage case Wednesday in a landmark moment for the country's emerging LGBT rights movement. The lawsuit comes amid more awareness of lesbian, gay, bisexual and transgender issues in China.

THE ASSOCIATED PRESS



After months of training with the neural bypass system, 24-year-old Ian Burkhardt, a quadriplegic, can make isolated hand and finger movements and perform functional tasks, like grasping and swiping a credit card. He can even play Guitar Hero. AFP/GETTY IMAGES



Mind-reading system hailed as breakthrough

SCIENCE

Neural bypass system restores a patient's use of his hand

Ian Burkhardt was 19 and fresh out of his first year of university when he dove into a shallow wave on vacation with friends. He hit a sandbar and broke his neck, catastrophically damaging his spinal cord. Doctors told Burkhardt he was quadriplegic: he could move his shoulders, but he would most likely never move his hands or legs again.

Three years later, in a laboratory at the University of Ohio, researchers wrapped a neuro-

muscular electrical stimulation cuff around Burkhardt's forearm. The cuff was connected to a "neural bypass" system, which learned to decode signals from sensors in his brain. Burkhardt thought about moving his hand, and for the first time since his accident, he moved it.

After 15 months of training with the system, Burkhardt can use it to make isolated hand and finger movements and perform functional tasks, like grasping and swiping a credit card. He can even play Guitar Hero.

Researchers from Ohio State University, the Feinstein Institute for Medical Research and the Batelle Memorial Institute, describing the advance in a paper in *Nature* published on-



This is something that's working. I will be able to use my hand again.
Ian Burkhardt

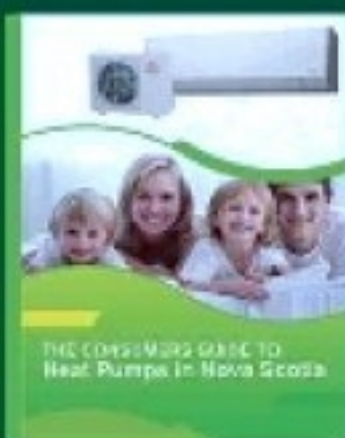
line on Wednesday, believe it is the first time a human has gained use of paralyzed muscles using signals from their own brain.

That first hand movement "was really just like that flicker of hope: this is something that's working. I will be able to use my hand again," Burkhardt said. "Right now it's only in a clinical setting, but it's something that with enough people working on and enough attention can be something I can use outside of the hospital, at my home, outside of the home, and really improve my qual-

ity of life."

Researchers not connected to the study welcomed the advance, but cautioned that it could be years before technology like this might be able to help others. Burkhardt underwent brain surgery to implant the microelectrode array, and his skull must be tethered to devices in a laboratory in order for the system to work.

The researchers are now focusing on shrinking the system and making it more intuitive, so Burkhardt, and potentially other patients, can use it outside the lab. TORSTAR NEWS SERVICE



Thinking about a heat pump?

Get your **FREE** Copy of:

"The Consumers Guide to Heat Pumps in Nova Scotia"

Visit: www.HeatPumpGuide.ca
or call (902) 701-9970

LG Heat Pump only \$39* Installed

- Cool AC for Summer
- Works to -20°C for Winter
- 10 year Compressor Warranty



Call (902) 701-7784 or visit www.LGHeatPumps.ca
to book your in-home consultation today!

* \$39 a month is based on a LG HSP4 Heat Pump and NSP's 10 Year Financing

SUNSHINE
RENEWABLE ENERGY



TIME TO GET BUILDING AGAIN!

Prices in effect until April 27th, or while quantities last.

Your Local Project Store!
Est. 1984

GARAGES



24x24 Garage
\$13,900

Installed With Slab! (see in store for details)



24x24 Loft Garage
\$21,900

Installed With Slab! (see in store for details)

Standard Garages

SIZE	Material Kit	Monthly Payment*
16 x 20	\$4,999	\$72
20 x 20	\$5,499	\$79
20 x 24	\$5,999	\$87
24 x 24	\$6,499	\$94
24 x 30	\$7,499	\$109
30 x 36	\$8,499	\$123
30 x 40	\$8,999	\$130

Loft Garages

SIZE	Material Kit with 8/12 Roof	Monthly Payment*
24 x 24	\$8,499	\$123
24 x 30	\$9,499	\$137
SIZE	Material Kit with 12/12 Roof	Monthly Payment*
24 x 24	\$10,499	\$151
24 x 30	\$11,999	\$174

Ask us about excavation, slabs, building & finishing.
* OAC 10 year term, taxes extra

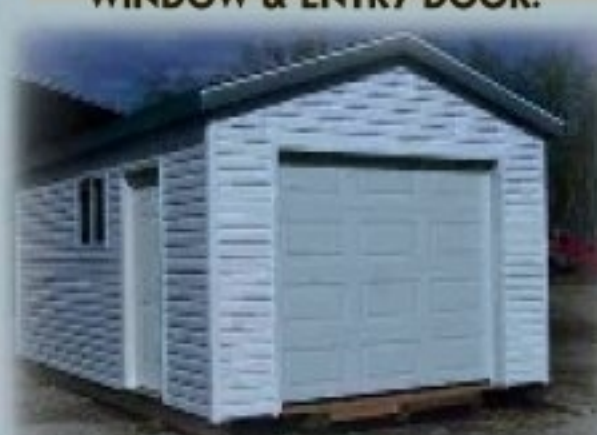
SHEDS



Shed Kits

SIZE	Deluxe Kit	Sided Kit
8 x 8	\$548	\$731
8 x 12	\$738	\$978
8 x 16	\$919	\$1,168
10 x 12	\$895	\$1,158
10 x 16	\$1,099	\$1,424
12 x 12	\$1,039	\$1,329
12 x 16	\$1,277	\$1,614

SUPER SHEDS INCLUDE FLOOR, GARAGE DOOR, WINDOW & ENTRY DOOR.



Super Sheds

SIZE	Material Kit
8 x 12	\$3,068
10 x 12	\$3,347
10 x 16	\$3,905
12 x 12	\$3,533
12 x 16	\$4,184
14 x 20	\$4,928

6 Months No Interest*

* See store for details

DECKS



Terra Brown



Kaki Green

SIZE	Kaki Green	Terra Brown
8 x 8	\$499	\$569
8 x 10	\$599	\$664
8 x 12	\$664	\$728
8 x 16	\$854	\$937
8 x 20	\$1,044	\$1,139
10 x 12	\$818	\$897
10 x 16	\$1,044	\$1,139
10 x 20	\$1,263	\$1,396
10 x 24	\$1,519	\$1,671
12 x 16	\$1,168	\$1,282
12 x 20	\$1,462	\$1,586
12 x 24	\$1,690	\$1,899

We'll Bring Your Ideas To Life!

Deck Accessories Too



Pylex Gate Kit
\$22⁹⁷
2116176



Fence Insert
\$28⁹⁷
< 7076870
Fence Insert
\$26⁹⁷
7076862 >



Black Solar Post Cap
\$8⁹⁷
0611657

FLOATING DOCKS



SIZE	Material Kit
6 x 12	\$837
6 x 16	\$1,097
8 x 12	\$1,197
8 x 16	\$1,297

All docks include triple galvanized hardware & fasteners, Kaki pressure-treated wood and ABS plastic floats. WE ALSO OFFER ASSEMBLY!



Dock Cleat
\$7⁹⁷
35011



Boat Bumper
\$17⁹⁷
35006



ALUMINUM DOCK FRAME KIT
4x8 Dock In-A-Box
\$397
(Decking extra)
7831548



Dock Ladder
\$147⁰⁰
7831514



Solar Light
\$19⁹⁷
33101



10x10 Floating Swim Raft
\$1,697
(includes alum. frame, floats & decking) 21463

We Are A 100% Full Service Company. We'll Help You Design Your Project, Supply It, Deliver It & Even Install It. Honest Advice, Real Answers & The Right Stuff! Come To LumberMart, It's Different Here.

LUMBERMART
HARDWARE & MORE SINCE 1984

Shop early for best selection, some items may be limited in quantities. Some items may not be exactly as shown. Any discounts offered are off our regular retails, sale items not applicable.

15 Wright Ave., DARTMOUTH, NS
902-468-7772 STORE HOURS: Mon-Fri: 8:00am-6:00pm
Sat: 8:00am-5:30pm • Sun: Closed until April
751 Herring Cove Rd., HALIFAX, NS
902-477-6500 STORE HOURS: Mon-Fri: 8:00am-6:00pm
Sat: 8:00am-5:30pm • Sun: Closed until April



Facebook Twitter eBay Pinterest Instagram Houzz
WEB: www.lumbermart.ca
Visa, Mastercard, American Express,
TIMBER MART Card & Debit Accepted

THERE'S AN EXCITING NEW
DEVELOPMENT HAPPENING
ON THE CORNER OF
SPRING GARDEN
AND ROBIE STREET!



HOW CAN THIS
**DEVELOPMENT
REJUVENATE
SPRING GARDEN WEST?**

PUBLIC ENGAGEMENT

TUES. APRIL 19TH 
ST. ANDREWS CHURCH HALL
6036 COBURG ROAD 6:30PM - 8:30PM

 **YOUR OPINION MATTERS TO US.**
R.S.V.P AND LEARN MORE AT
LIVEWELLONGW.COM



ROYAL TOUR WILL AND KATE VISIT WILDLIFE PARK Prince William and his wife, Kate, paint an elephant statue at Kaziranga Discovery Park, 250 kilometres from Guwahati, the capital of the north-eastern state of Assam on Wednesday. The Duke and the Duchess of Cambridge spent several hours at the park to draw attention to the plight of endangered animals, including the rare, one-horned rhinos that are under threat from poachers. AFP/GETTY IMAGES

Cuba eases grip on wholesale market

CONSUMER GOODS

Some private businesses will get supplies at 20% discount

Cuba says it is opening its state-controlled wholesale market to a limited number of private business owners in response to rising prices that have angered many ordinary Cubans.

Without access to wholesale goods, private business have been buying basic supplies in retail outlets and raising the prices to generate profit, leading to widespread hikes in the cost of food and many household goods.

State-run media said Wednesday that food and personal-service businesses that are

either co-operatively run or rent space from the government will be able to buy goods at prices 20 per cent below retail. They will also be able to do business with state-run importers, a potentially important new benefit that could give access to U.S.-made goods.

The new measures also establish price caps on some goods bought wholesale and sold privately, among them Cuban-produced soft drinks and beer, rum, cigarettes and chicken. State media said the measures would go into effect on May 2.

Under economic reforms that began under President Raul Castro, Cuba has been slowly allowing private enterprise to compete with state-run businesses saddled by decades of inefficiency and lack of investment.

+ IMPORTS

Passengers bring in goods

Private businesses have been unable to import through normal channels, forcing them to depend on informal networks that arrange for Cuban airline passengers to bring hundreds of millions of dollars of goods each year into the country in their checked bags.

Private businesses have been dramatically outperforming government-run enterprises but charge prices out of the reach of most Cubans, leading to bitter complaints that the country's socialist system no longer serves ordinary people.

THE ASSOCIATED PRESS

COURT

Cosby wants testimony resealed

Bill Cosby's lawyers urged an appeals court Wednesday to reseat the comedian's lurid, decade-old testimony about his womanizing, but the panel of judges seemed to think the request was pointless, since the deposition has already made headlines around the world.

Members of the three-judge panel of the 3rd U.S. Circuit of Appeals reeled off a list of "the toothpaste's out of the tube"-type metaphors to suggest that any damage to Cosby's repu-

tation from the release of the testimony has already been done. The documents were released last year on a request by The Associated Press.

Cosby's attorneys hope a ruling in their favour could help them keep the documents from being used in the criminal case against him in Pennsylvania and in the many lawsuits filed around the country by women who accuse him of sexual assault or defamation.

But the judges questioned

that strategy, too, saying the other courts "don't have to necessarily follow us. We can't control them."

Cosby gave the testimony in 2005 as part of a lawsuit brought against him by Andrea Constand, a Temple University employee who said he drugged and molested her at his home. She later settled for an undisclosed sum, and sensitive documents in the file remained sealed.

THE ASSOCIATED PRESS

Spending boost to spur growth: BoC

ECONOMY

Central bank projects GDP to expand 1.7%

The Bank of Canada says the federal government's multi-billion-dollar spending boost has uplifted what would have been a modest downgrade to its economic growth forecast this year.

The central bank also kept its trend-setting interest rate locked at 0.5 per cent Wednesday.

The bank expects the federal investments of about \$25 billion over the next two years to more than offset the negative consequences of a slightly stronger dollar, weaker-than-expected global growth and shrinking investment in the oil sector.

It is now predicting the country's real gross domestic product to expand by 1.7 per cent in 2016, up from its January expectation of 1.4 per cent.

The bank said unexpectedly

strong growth in the first three months of 2016 was partly due to temporary factors and that is expected to fade with the loonie's recent rise and slower international demand.

"The combined effect of all these global and domestic developments would have been a modest downgrade of the bank's outlook," the bank said in a statement that accompanied the latest release of its quarterly monetary policy report. "However, the fiscal measures announced in the March federal budget will have a notable impact on GDP."

It is now predicting first quarter GDP to register 2.8 per cent, up from one per cent. It's also anticipating one per cent growth in the second quarter of 2016, down from the January forecast of 2.2 per cent.

Using the same baseline numbers in Ottawa's recent budget, it projected federal

0.5%

The Bank of Canada kept its trend-setting interest rate at this number.

and provincial government spending to combine to contribute 0.5 percentage points to growth this year and 0.6 percentage points in 2017. The impacts of provincial measures are expected to be minimal.

But even with the government lift, the bank lowered its 2017 growth projection to 2.3 per cent from 2.4 per cent. That's because non-resource exports, while strengthening, aren't expected to be as robust as previously thought due to the recent increase in the dollar.

Following the announcement, CIBC chief economist Avery Shenfeld wrote in a note that governor Stephen Poloz had no choice but to raise the 2016 forecast since his boss, Finance Minister Bill Morneau, has been "touting the benefits of fiscal stimulus" and because the economy saw surprisingly sturdy GDP growth in December and January. THE CANADIAN PRESS

AMAZON'S NEW KINDLE

The e-commerce giant's latest e-reader, Kindle Oasis, is its smallest and lightest, and also the most expensive at \$290 US. Here's what's new about the device. THE ASSOCIATED PRESS



LIGHTWEIGHT

The Kindle Oasis is 30 per cent thinner and 20 per cent lighter than previous Kindles.

CHARGE IT UP

The Kindle Oasis features two batteries — one in the e-reader and another in its cover — which together stretch the battery life to 9 weeks of "regular" reading (30 minutes a day by Amazon's definition) or months on standby. The Oasis and its cover charge simultaneously via one port.

GET A GRIP ON IT

The device is asymmetrical, with a grip on one side for one-handed reading. If you are left-handed, you can just flip the device over.

Neptune THEATRE
GEORGE POTHITOS artistic director
NEPTUNETHEATRE.COM
902 429 7070

MAR 29 - MAY 29

BEWARE OF OGRE!

TICKETS STARTING AT \$27!

BASED ON THE DREAMWORKS ANIMATION MOTION PICTURE AND THE BOOK BY WILLIAM STEIG
BOOK AND LYRICS BY DAVID LINDSAY-ABRAIRE
MUSIC BY JEANINE TESORI
ORIGINALLY PRODUCED ON BROADWAY BY DREAMWORKS THEATRICALS AND NEAL STREET PRODUCTIONS
JACOB MACINNIS AS SHREK
COSTUME DESIGNER: BEAN MULCAHY, SET DESIGN BY GEOFFREY DINWIDDIE AND LIGHTING DESIGN BY SIOBHAN SLEATH

AudiHalifax The Berkeley ExxonMobil Imperial PREMIERE

RELAY FOR LIFE Canadian Cancer Society

IT'S A JOURNEY. GO THE DISTANCE.

Walk to fund vital support services and Canada's most promising cancer research.

relayforlife.ca

Accept the baton. Register today!

Halifax	June 3, 2016	Citadel Hill
Dartmouth	June 10, 2016	Shearwater 12 Wing
Sackville	June 10, 2016	Acadia Park



EMMA TEITEL ON WHO 'THEY' REALLY IS

If it was really vital to a person's mental health that I do my best to call them 'they' (a grammatical leap everyone makes these days anyway), why should I be so stubborn and flippant?



The first time a gender non-conforming person asked me to refer to them as "they" rather than "he or she," I was polite and accommodating, but inwardly, I was a cynical jerk.

The whole plural-as-singular thing, I thought, was precious and pretentious.

Who was this person to insist that I refer to "them" exclusively in the plural as though "they" were some sort of divine spirit?

"They are everywhere." "They are in your heart." "If you build it, they will come."

In short, "they" as a gender neutral singular pronoun struck me as only slightly less entitled than the royal "we."

And then I got over myself.

Or, more specifically, I put myself in their shoes, at which point the pronoun request suddenly seemed quite minor.

After all, if it was really so vital to this person's mental health and sense of self that I do my best to call them "they" (which amounts to a variation on a grammatical leap everyone makes these days anyway), why should I be so stubborn and flippant? In short, who the hell cared?

And what surprised me about my new-found acceptance of the pronoun wasn't the satisfaction I felt at doing "the right thing" but the realization that doing the right thing was actually kind of fun, like learning a new language.

We seldom think deeply about the words that come out of our mouths in casual conversation and having to do so — in this case making a men-

tal note of every "he," "she" and "they" that peppered my speech — turned out to be an interesting and revealing exercise.

But not everyone, I understand, regards making gymnastic adaptations in their grammar to satisfy gender neutrality as unmitigated fun.

From "They" to "Ze", gender-neutral pronouns are a source of confusion and irritation for millions of people (like my former self) who cannot — scratch that — will not — wrap their heads around a new way of speaking and thinking.

Take the online backlash to a recent piece in the New York Times Magazine by Amanda Hess, "Who's They?" about the history of gender neutral pronouns from 1800s England to HBO's *Girls*; a reaction summed up neatly in the words of one especially frazzled commenter, Sandra from Montana: "I think I'm too old for this. Are we really going to change a language of a billion people for them?"

Even for otherwise progressive people, the plural-as-sin-

gular-pronoun appears to be a kind of last straw.

Gay marriage, why not? Transgender? Caitlyn Jenner looks fantastic!

But seeing one person walk into your house and calling out "Honey, they're home"? Please. How many accommodations must we make?

Once more. Get over it. And yet, it isn't just the ignorant and stubborn members of the conventional grammar majority who need to get over themselves and their own reactionary isolation. It's activists too.

If gender neutral pronouns are ever going to transition from the realm of niche identity politics to accepted norm, activists need to move out of their own bunkers to engage the "enemy" too, in civil discourse.

A new study (conducted by political researchers at Stanford University and the University of California, Berkeley) which followed door-to-door canvassers in Florida who were trying to change people's minds about transgender rights, found that contrary to

popular opinion, when canvassers engaged honestly and openly with skeptical subjects, they could be convinced to alter their positions.

But there is, unfortunately, very little honest and open engagement online about these issues, where activists regularly shame rather than explain, and where people who aren't hip to the correct terminology are practically excommunicated.

I have said this before and I'm sure I will say it again, because I believe it is a legitimate barrier to practical and meaningful change.

To this charge, proponents of online identity politics have one defiant answer: "It's not our job to educate you!" Really? Then whose job is it?

And what kind of sincere activism becomes petulant every time it encounters a person who misunderstands or opposes its cause?

Can you imagine any other activism in which this type of shutting out and shaming would fly? "You mean you don't understand why assisted suicide is humane? OMG how dare you! I can't even. BYE." (Probably not the canniest of strategies.)

There was a time I sympathized with the rush-to-shame or dismissal position; this was when I first started to receive homophobic letters from readers (which I still do, on a regular basis).

But then I started responding to said letters seriously and honestly and — a la the door canvassers in Florida — I saw a marked difference and new-found openness in the attitudes of the supposedly bigoted people who had written me before.

No, it wasn't "my job" to educate anyone. But I'm glad it occurred to me to try.

Emma Teitel is a national columnist for the Toronto Star.

ROSEMARY WESTWOOD

On reserves, the state of emergency never actually ends

If 11 suicide attempts in a day in a community of 1,500 people isn't a state of emergency — as declared by Attawapiskat's chief on Saturday — nothing is.

Certainly, alarm at the crisis in the northern Ontario community has been widespread, among indigenous, provincial, and federal leaders, national and international media.

But by their very nature, states of emergency are last-ditch efforts for help. They are short-term, flashes-in-the-pan of attention.

Flying in band-aid resources, such as non-permanent counsellors, to handle the fallout is certainly necessary. But everyone knows it offers zero long-term hope.

Indigenous suicide is not like flood waters that will recede. They have not appeared like a freak storm. It's a persistent and devastating phenomenon which must be actively scrubbed from indigenous communities, along with the idea that responding to a state of emergency is in any way sufficient.

It is not. To begin with, an indigenous state of emergency isn't very powerful. For the federal government, a state of emergency frees up power and money to be wielded at the government's whim. For reserves, a state of emergency is a cry for help, from a disempowered group to a powerful one. It doesn't grant a reserve more power or wash it in money.

Nevertheless, states of

emergencies have become the crutches of government, the method by which ministers express concern for indigenous lives, the mechanism for meagre resources. The reliance on states of emergency almost presupposes the cyclical nature of various crisis on reserves, the pendulum forever swinging from bad to very bad.

It is particularly vile that states of emergencies on reserves are almost synonymous now with suicide spikes. And yet, suicide is not what states of emergency were designed for — at least according to the government's own documents. While fires and floods and all manner of natural disasters are mentioned in INAC's Emergency Management Plan for states of emergency on reserves, suicide is not. And while the policy rightly gives equal weight to preventing emergencies as to responding to them, we can see how effective suicide prevention has been.

I wish we could recast "states of emergencies" into more accurate language. Like: "spike in suicides higher than the regular, terrible suicide rate stemming from centuries-long discrimination and also a lack of humane, basic services, like water." Or: "state of crisis even more severe than usual, warranting extra media/government attention until it subsides back down to the usual state of crisis."

At least then the hypocrisy would be clear.

THE MICROTREND: Riding in cars without boys



If you think this whole ride-sharing fad is going away, you're in for a long wait. We're deep in the Uber era and nothing the taxi industry or municipal governments do will change that. On the other hand, nothing that Uber, Lyft, et al do will change the fact that female riders and drivers have been harassed, some have been physically harmed and many feel unsafe. In this light comes Chariot For Women, a startup service with an almost elegantly simple solution: No men allowed. When the service debuts in Boston next Tuesday, all drivers will be female, and no ride requests from males over 13 will be accepted. Well, that's one way. SOURCE: VOX

It isn't just stubborn grammarians who need to get over themselves. It's activists too.

metr
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT,
REGIONAL SALES
Steve Shrout

MANAGING EDITOR HALIFAX
Philip Croucher

ADVERTISER INQUIRIES
adinfohalifax@metronews.ca
General phone 902-444-4444

FREE TO SHARE 

PHILOSOPHER CAT
by Jason Logan

EVERY SINGLE
MOMENT IS
A COINCIDENCE



DOUGLAS COPLAND

Philosopher cat now at
www.mymetrostore.ca



INTERVIEW

Biography follows her life long before campaign trail

With another Clinton running for the U.S. presidency, a new release about her life is timely.

Hillary Rodham Clinton, A Woman Living History, by Karen Blumenthal is categorized as a Young Adult book, but like so many YA books is sophisticated, clear and completely suitable for adults.

This Q&A with author Karen Blumenthal reveals just how sophisticated the insights in the biography are.

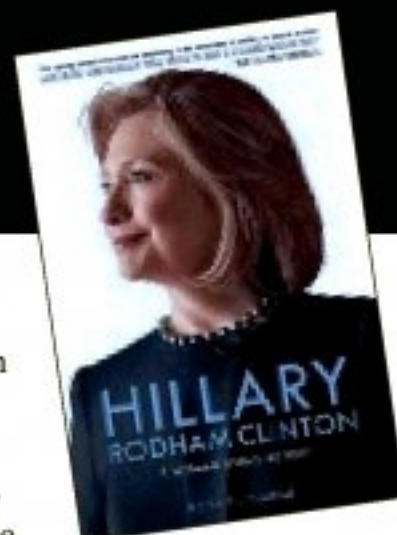
You quote Mario Cuomo, former governor of New York, who said "You campaign in poetry. You govern in prose." You note Hillary has the prose part down but her campaigning lacks finesse.

I was so excited when I found that quote. It had been used in a different context, to describe Bill Clinton, who is the master of poetry in campaigning, perhaps the best campaigner of my generation. But it spoke to me in terms of Hillary. She is very good at the prose but she has even admitted she isn't a natural campaigner.

Hillary has always realized that about herself. When she became the governor of Arkansas' wife she began to understand that she couldn't do certain things.

That is one of the more revealing sections about her in the book. She gave a speech that is very powerful where

Getting schooled on Hillary's history



she talks about thinking how they would both go off to work together in the morning. She would go to her law office and he would go to the governor's office. And they would return for dinner and talk about their day, just two professionals in a marriage.

As smart as she is, she had to learn that being a politician's wife is not the same as being a lawyer's wife.

She has so much baggage,

not just the stuff that Bill has loaded on her for years, but her own issues: using her personal email for government work while she was secretary of state, for example.

She certainly does things that seem dumb, for lack of a better word. She does seem to lack savvy. What would you expect the outcome would be of using your personal email (for work purposes) or of refusing to engage with the press? Those were not ac-

cidental choices, those were very intentional choices. Those things have created trust issues that are real.

Hillary has wanted to be president for a very long time. It's interesting that the wife of a former president is running for the same office he held.

She is not just a president's wife. She is a highly competent, highly qualified female politician whose life was really changed by her time in the White House. That was her transformative moment, to go through the Monica Lewinsky

scandal as the partner of Bill Clinton.

To me the most interesting moment, and I didn't know about this until I started researching, but six weeks after Bill went public and admitted to the nation and to her that he lied, some Democratic women show up at her office, not to console her or support her, but to tell her they need her to get on the campaign trail because Bill Clinton is not going to help the Democrats through the 1998 (mid-term) election.

She goes to help these candidates get elected. Out

of that experience she realizes she is not just a first lady, she is a politician in her own right. And after that she becomes senator, she becomes a presidential candidate, she becomes secretary of state. This is a whole different dynamic than we have seen from any first lady.

She does seem to be a magnet for controversy.

One of the reporters who followed her in the New York (Senate) campaign had an interesting observation: "When she answers questions you don't feel you are getting the whole answer." I don't think she thinks she is holding back; I think she does think she is answering. There is a discomfort for people who believe politicians can't be trusted.

I want to go back to your question about what did surprise me researching this book. I didn't expect that I would be covering the history of the last 50 years. Her life has almost been a front row of history.

As a teenager she meets Martin Luther King in the 1960s; she was at college from 1965 to 1969, at the beginning of the women's movement, the middle of the civil rights movement, the escalation of the war in Vietnam. She is in New Haven, Conn., (studying law at Yale) when the Black Panthers go on trial there.

She works for the Judiciary Committee looking into the impeachment of Richard Nixon. She is the first lady during the Oklahoma bombing and a New York senator during 9/11. Telling her story is telling the history of America in the last 50 years. TORSTAR NEWS SERVICE

NEWS
95.7

Halifax's Home
for Blue JaysTM
Baseball.



Beyond the role of 'Mexican Hooker #1'

CARMEN AGUIRRE

Author transcends her trauma in new memoir

Sue Carter
For Metro Canada



It seems appropriate to be speaking to Carmen Aguirre while she's out on the road. But her hotel room in London, U.K., where she is in town for a book tour, is a world away from the nomadic childhood she spent on the move after General Augusto Pinochet's brutal 1973 coup forced her family to flee their home in Chile.

Aguirre's first memoir, the best-selling *Something Fierce: Memoirs of a Revolutionary Daughter*, documented her family's years on the run, followed by her own decision at age 18 to join the underground resistance against Pinochet. In 2012, *Something Fierce* won CBC's books competition Canada Reads, in what was perhaps its most

controversial and heated debate to date, when a panelist, Quebec lawyer Anne-Francis Goldwater, declared Aguirre a "bloody terrorist."

While it's clear from Goldwater's comment that it's difficult for many to empathize with what it must have been like to witness that kind of violence at such a young age, Aguirre's recollections in the book of being a teenager — coveting the cool pair of shoes and wanting to hang out with cute boys — also made her story relatable as a coming-of-age tale.

Sadly, there will be readers who relate to some of the themes and events in her follow-up memoir, *Mexican Hooker #1: And My Other Roles Since the Revolution*, which details her life after a horrifying attack at age 13 by John Horace Oughton, the serial rapist known as Vancouver's Paper Bag Rapist.

When Aguirre initially set out to write *Mexican Hooker #1*, published by Random House Canada, she says she wanted to "explore her creative journey" as a performer, playwright and theatre director.

"I had no intention of making the rape the focus of the book,"



she says. But her growth as an artist was in many ways directly connected to the trauma she experienced as a child.

Aguirre knew she wanted to be an actor since she was three years old, after her parents took her to a circus and she became mesmerized by a performer riding on a galloping white horse. It wasn't until years later, at theatre school in Vancouver during an intense acting class, that she had a flashback so powerful the director insisted she enrol in therapy.

After years of work, both personal and professional, Aguirre found strength in the theatre, choosing to develop her own productions rather than being cast in stereotypical roles for Latina women, like *Mexican Hooker #1*, and as a workshop facilitator, helping others to overcome trauma through dramatic arts.

It seems appropriate that Mex-



I had no intention of making the rape the focus of the book

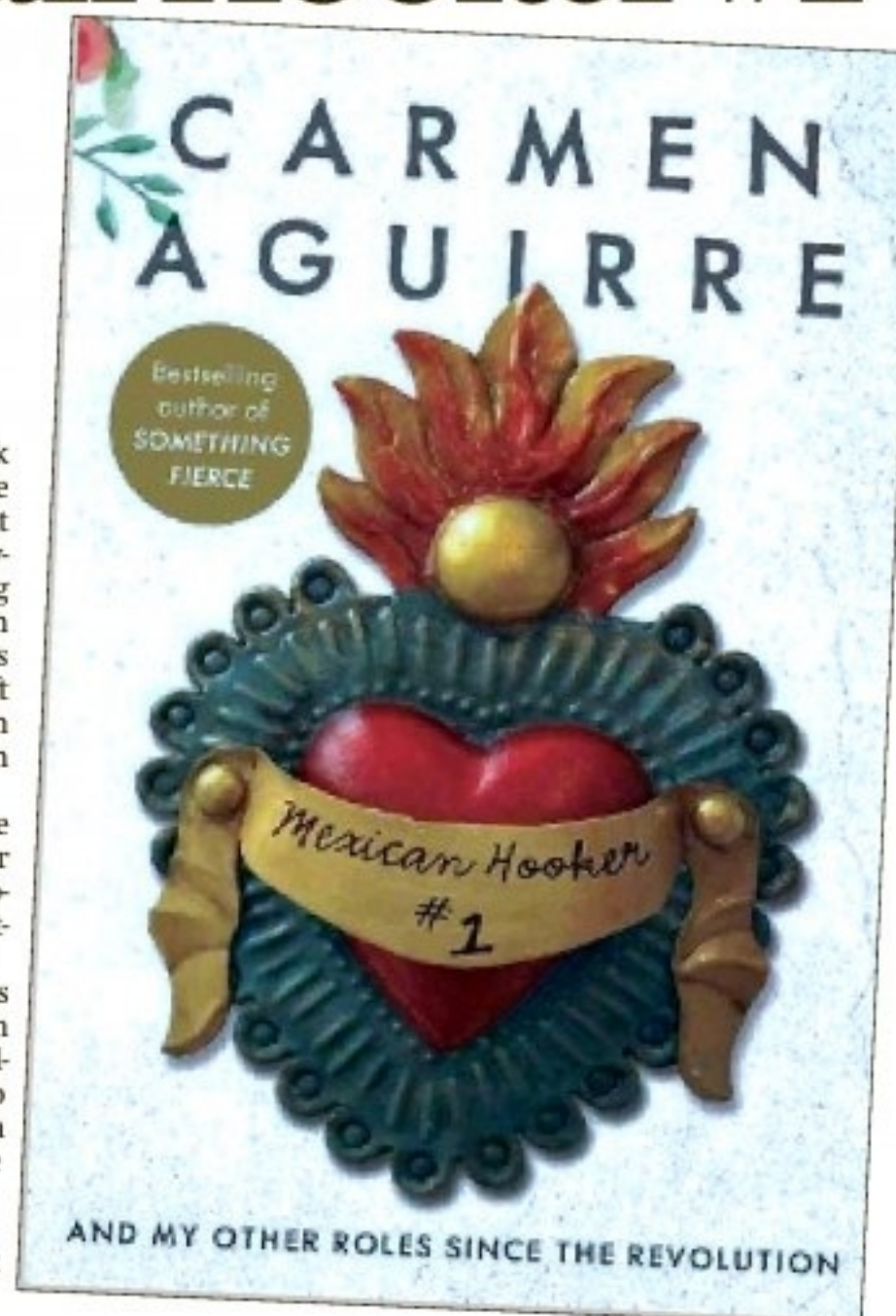
Carmen Aguirre

ican Hooker #1 also travels back and forth in time, as Aguirre slowly and deliberately lays out the details of her rape and recovery, and finally her astonishing face-to-face confrontation with Oughton more than 30 years later, which she says has left her feeling more compassion for the man most would deem a monster.

And although she didn't write the book as therapy for herself or others, she has already been approached by other victims wanting to share their experiences.

But ultimately, Aguirre says *Mexican Hooker #1* is more than just a single story and a reminder that there's much more to this woman than her past as a teenage revolutionary or rape survivor.

Sue Carter is the editor at Quill & Quire magazine.



From #1 New York Times best-selling author

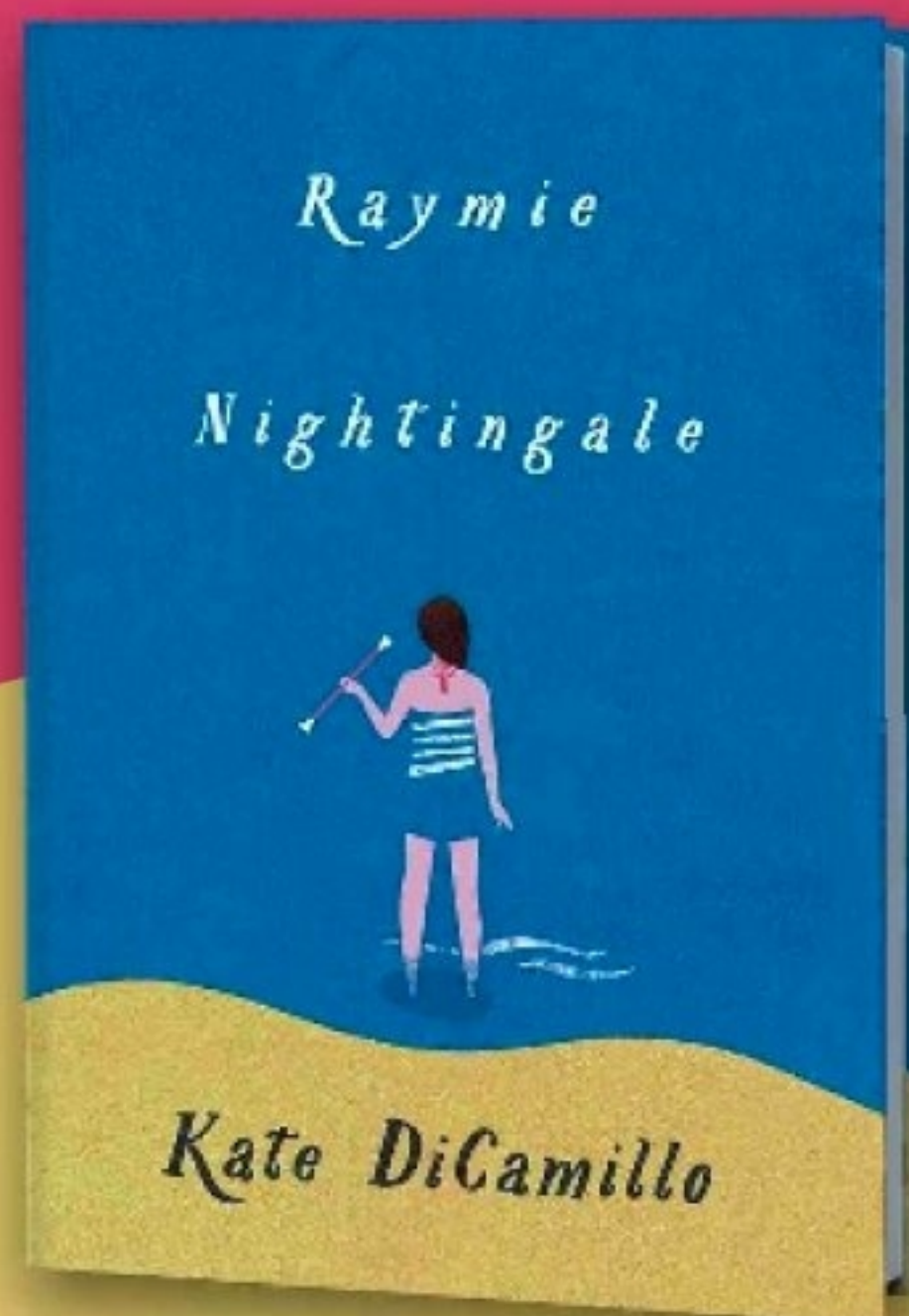
KATE DICAMILLO

**Three girls. One summer.
The friendship that rescues them all.**

"Raymie Nightingale is beautiful, a celebration of life, as are all [Kate DiCamillo's] books."

—DEAN KOONTZ

★ The Horn Book ★ Publishers Weekly ★ Kirkus Reviews
★ Booklist ★ School Library Journal ★ Shelf Awareness



Forget love — monogamy came from the health threat of STIs

RESEARCH

Scientists believe pairing up provided benefits

Why did humans become monogamous, apparently rejecting the promiscuity that is natural to most animals?

Was it morality? Religion? Maybe love?

The answer is germs, researchers said Tuesday, arguing that the havoc caused by sexually transmitted diseases (STIs) convinced our ancestors it would be better to mate for life.

A research duo from Canada and Germany observed that STIs flourished among large groups of people living in the villages, towns and cities that arose after prehistoric hunter-gatherers settled down to farm.

Left unchecked, spreading diseases can affect individual fertility and a group's overall reproduction rate. Falling population numbers would force a rethink of sexual behaviour — which in turn gives rise to social mores.

The researchers developed a mathematical model of hunter-gatherer demographics and likely STI spread among them.

They used it "to show how growing STI disease burden in larger residential group sizes can foster the emergence of socially imposed monogamy in human mating."

In small groups of no more than 30 individuals, with no chance for epidemic spread, STI outbreaks are generally short-lived, the team said.

The reduced risk may explain why small groups, both among early humans and today, are often polygynous (when men have more than one partner).



Socially imposed monogamy in human mating has long been considered an evolutionary puzzle according to researchers.

ISTOCK

Socially-imposed human monogamy has long been considered an "evolutionary puzzle," according to the research duo. It requires societies to put in place checks and structures — a police and court system, for example — to uphold societal mores.

"Yet, many larger human societies transitioned from polygyny to socially imposed monogamy beginning with the advent of

agriculture and larger residential groups," said the paper. That riddle may now be solved. The research showed that our natural environment, with factors such as disease spread, "can strongly influence the development of social norms, and in particular our group-oriented judgements," study author Chris Bauch of the University of Waterloo said.

AFP

+ IMPACT OF DRUGS

Even if drugs were to eradicate STIs, humans wouldn't become wildly promiscuous, according to Bauch.

"Modern societies are more complicated ... and there is probably more

than one reason that explains socially imposed monogamy.

"I think it is premature to speculate that marriage will disappear ... if we solve the problem of STIs," he added.

POLICIES

Women face gap in health care access

Women are underserved by the health care system in comparison to men, warn officials at the Women's College Hospital (WCH) in Toronto.

Calling this problem "the health gap," WCH president Marilyn Emery says it "significantly impacts women's health and their quality of life."

In their research, WCH identified several gaps in the way women receive health care and treatment. In health care research, women's unique needs are often ignored — they have different risk factors for some diseases and respond differently to some drugs — but until the 1990s there was no requirement to include women in clinical drug trials.

In cardiac health, more women than men die each year from heart disease, yet make up only 35 per cent of patients in cardiovascular research.

Women also receive less effective treatment for mental health and chronic conditions.

"The health gap is a very real threat to the well-being of women everywhere," says Katherine Hay, president of the Women's College Hospital Foundation.

WCH has spearheaded the Women's Cardiovascular Health Initiative — the first comprehensive assessment and lifestyle program for women with heart problems. They also offer the Women's Mental Health Program, which deals with mental health issues unique to women.

"We're reaching out to our partners and colleagues throughout the health sector and asking them to join us in affecting change and to help us close the health gap for women," says Emery.

LIZ BROWN/METRO

PSYCHIC FAIR

Gifted Psychics & Mediums, Vendors & Presentations

Sat. April 16
10am-9pm

Sun. April 17
10am-4pm

Halifax Forum - Maritime Hall

Admission: \$8 One Day

Two Day Pass: \$15 Includes \$5 off one reading

More info at ssfns.org

SAVE \$1 OFF WITH THIS AD

Wakinights at 6 Kat counts down the HOTTEST songs of the day.

6 @ 6 LAST NIGHT:

- 6 Ria Mae Gold
- 5 Hadley Lose Control
- 4 Justin Bieber Company
- 3 Meghan Trainor No
- 2 Zara Larsson & MNEK Never Forget You
- 1 Fifth Harmony & Ty Dolla Sign Work From Home

101.3
THE BOUNCE

STOP THE
CLOCK

8:20 WEEKEND MORNING

101.3TheBounce.com @1013thebounce

PROPHETIC REVELATIONS

Discover How Bible Prophecy Reveals the Future and Offers Hope for Today

Clear Answers to Everyday Questions

Opening Mtg: April 15th, 7pm: Is There Anything We Can Trust?
What does the future hold? Can the Bible really reveal the future to us?

2nd Mtg: April 16th, 11am: Jesus: Liar, Lunatic or Lord?

3rd Mtg: April 16th, 7pm: Revelation's Rapture
Is the world coming to an end? Discover how near the end is.

4th Mtg: April 17th, 7pm: Antichrist Arising
How to escape the great deception of the last days.

Free Admission. All Welcome. Bring Your Family.
2063 Parker St., Halifax · Halifax Seventh-day Adventist Church
(Near Windsor St. & Quinpool Rd.)



Rentals that are a walk to the park

SIX FIFTY NORTH



CONTRIBUTED

Project overview

The newest rental building in Halifax's Mount Royale neighbourhood is coming this summer. Six Fifty North will have all the luxuries plus ground-floor retail for shopping very close to home.

Housing amenities

These suites come with six appliances, granite counter-tops, air conditioning, and tile and laminate flooring. The building has a fitness room, social room, two elevators, underground parking with individual storage lockers.

Location and transit

Six Fifty North is located at 650 Washmill Lake Dr. in Halifax. It's very close to Bayers Lake shopping and transit.

In the neighbourhood

Six Fifty North is cross from Mount Royale Park, but also close to Highways 102 and 103. It's a short trip into downtown Halifax or easy access to the highway to get out of town.

+ NEED TO KNOW

What: Six Fifty North
Developer: WM Fares
Location: 650 Washmill Lake Dr. in Halifax
Pricing: Starting at \$1,000/month for bachelor and one bedrooms, (includes heat, hot

water parking and storage.
Suites: Bachelor, one bed, two bed, and two bed plus den.
Status: Renting for July, August and September occupancy
Rental office: Call Kristi at 902-401-6732



90s to now

Yup.
The music's better now.



"I'm 0-2 in that regard and so I think I'll stay away": Raptors GM Masai Ujiri has no profanity-laced rant planned to start this year's post-season

Kadri and Rielly score six-year deals

NHL

Maple Leafs reward key young players

The Maple Leafs showed their faith in two key young players Wednesday, inking forward Nazem Kadri and defenceman Morgan Rielly to six-year deals.

Kadri's deal totals \$27 million US over six years for an average annual value of \$4.5 million, while Rielly's pact is worth \$30 million for an annual cap hit of \$5 million.

The pair were due to become restricted free agents on July 1.

Fresh off his first season in Toronto, Leafs general manager Lou Lamoriello said he was impressed by what he saw from the 25-year-old Kadri and 22-year-old Rielly.

Kadri finished as the Leafs' leading scorer, while Rielly set career-bests with nine goals, 27 assists, 36 points and an average of 23-plus minutes per night.

He believed both were capable of climbing even higher in the coming years, faith made evident by long-term deals that lock the pair in until the summer of 2022.

"There's no question they have a level that they haven't reached yet," Lamoriello said on a conference call. "It's going to be up to them to commit to that and do the things that are necessary to get there. And it's up to us to help them do that."



Nazem Kadri, left, and Morgan Rielly's new contracts total \$57 million.

CLAUS ANDERSEN/GETTY IMAGES, MARK BLINCH/THE CANADIAN PRESS

Last summer, following a turbulent season which included a team-imposed suspension for off-ice behaviour, Kadri was signed to a one-year contract, the intent of which was to determine whether he should be part of the team's future.

Kadri answered those ques-

tions with a resurgent all-around season, one that saw him grow into a top centre who head coach Mike Babcock matched up against the opposition's first lines.

"I think we've seen a lot of growth from him, and some real strides," team president Brendan

Shanahan said.

Rielly quickly became one of Babcock's leaders on defence in only his third NHL season. He led the Leafs in minutes, playing in every situation for Babcock.

Lamoriello says the organization believes Rielly has all-star potential, having already established himself capable of playing big minutes on a top pair.

"He certainly is the key to our defence," Lamoriello said. "He's our leader there."

THE CANADIAN PRESS

27

Rielly produced 27 even-strength points, a mark equal to Montreal's P.K. Subban and Florida's Aaron Ekblad, and behind only 14 NHL defenders.

NHL PLAYOFFS

Preds defencemen a big part of offence

Come the post-season, NHL teams need as much scoring as they can get. The Nashville Predators are ready to lean, yet again, on their defence for a little help in that department.

The Predators tied for the league's highest-scoring defence with 203 points, even after trading away Seth Jones in early January.

"It's been a big part of who we are all year," Predators coach Peter Laviolette said.

"I think you need contributions from everybody. But our guys have done a good job back there playing our system and being involved when they can."

The Predators have plenty

of company with high-scoring defencemen. Seven of the top nine teams in defensive points are in the playoffs: San Jose (179), Dallas and Los Angeles (174), Chicago (171) and the Rangers and Penguins (167), according to STATS.

Defenceman Roman Josi ranked second with 61 points for Nashville this season and captain Shea Weber was fifth with 51 points, including 20 goals. Mattias Ekholm added 35 points and Ryan Ellis had 32.

Nashville opens the playoffs Friday night at Anaheim, the Pacific Division champion.

THE ASSOCIATED PRESS

“Up and down your line, you're going to need big people to step up and score big goals.”

Predators centre Mike Fisher

ON METRONEWS.CA

Go online for coverage of the dramatic final night of the NBA regular season and a wrapup of the opening night of the NHL playoffs.



Creativity is subjective. **The truth isn't.**

Truth in Advertising Matters.



Advertising Standards Canada
adstandards.com/psa



Europe's top spot vacant

UEFA CHAMPIONS LEAGUE

Barça stunned by Griezmann's double for Atleti

Lionel Messi, Luis Suarez and Neymar all failed to deliver as holder Barcelona was dumped out of the Champions League quarter-finals on Wednesday in a stunning 2-0 defeat by Atletico Madrid.

Barcelona's star trio was kept in check by some tough defending from the home side, while France striker Antoine Griezmann scored a goal in each half as Atletico overturned a 2-1 loss at Camp Nou in last week's first leg to win 3-2 on aggregate.

The result sent Diego Simeone's team, which had played most of the first-leg match with 10 men, to the semifinals for the second time in the last three seasons.

And it shattered the hopes of favourite Barcelona, which had reached the semifinals seven times in the last eight years.

"It wasn't our best day, we weren't lucid and we struggled



Frenchman Antoine Griezmann scored with his head to even the match in the 36th before scoring an 88th-minute penalty to give Atletico a 3-2 win on aggregate. MIKE HEWITT/GETTY IMAGES

to create chances," Barcelona coach Luis Enrique said.

Barcelona's performance was summed up by another disappointing display from Messi, who again failed to score his elusive 500th career goal.

WEDNESDAY In Madrid



The playmaker is enduring his worst scoring slump with Barcelona in five years and hasn't scored since a win over Arsenal in the round of 16 of the Champions League on March 16. Only twice Barça had failed to

advance after winning the first leg in its previous 40 attempts in UEFA competitions.

It was Atletico's first win over Barcelona since Luis Enrique took over the Catalan club after the 2013-14 season. Luis Enrique's team had won the previous seven games against Simeone.

Atletico Madrid left the Camp Nou infuriated with the refereeing last week after its striker Fernando Torres was sent off in the 35th minute. On Wednesday, it was Barcelona that had reason to complain after a hand ball by Gabi Fernandez that appeared to be inside the area — but was judged by the referee outside the box in second-half injury time.

Messi's ensuing free kick sailed over the crossbar in his team's last chance.

THE ASSOCIATED PRESS

+ IN LISBON

Bayern Munich advanced to the semifinals despite being held to a 2-2 draw at Benfica on Wednesday.

The draw in the return leg of their quarter-final meant Bayern went through 3-2 on aggregate after its 1-0 win at home. Benfica made the German club fight till the end, though, as substitute Talisca's curling

free kick beat Manuel Neuer in the 76th to make it level on the night. It's

the fifth time running that the German giants have made it through to the semifinals.



GETTY IMAGES

MLS

Drogba back with grass season open

Spring has sprung, and that means the Montreal Impact can train on a grass field again and Didier Drogba can join in on the action.

The Ivory Coast striker was in the thick of it in practice on Wednesday as the Impact worked out on one of the natural pitches at the far end of their training facility. They had trained on synthetic fields until the wintry weather turned for the better this week.

"For us to practice on grass

and have him on the team, everybody's confidence is really high," said forward Dominic Oduro. "Not that it wasn't already, but it's another boost for us."

"We know what he brings to the table and we're excited to have him."

THE CANADIAN PRESS



Didier Drogba
THE CANADIAN PRESS

IN BRIEF

United through in FA Cup

Teenage Marcus Rashford led Manchester United to a 2-1 win over West Ham on Wednesday that put his team into the FA Cup semifinals and eased the pressure on manager Louis van Gaal.

In the last cup tie at the Boleyn ground before West Ham moves to the Olympic Stadium, 18-year-old Rashford opened the scoring with a superb strike in the 54th minute, curling the ball past defender James Tomkins and keeper Darren Randolph. THE ASSOCIATED PRESS

Blue Jays bring in ambidextrous Venditte

The Toronto Blue Jays added a right-hander and a southpaw with one callup Wednesday.

Ambidextrous reliever Pat Venditte was in the lineup for Toronto's home game against the New York Yankees after being recalled from triple-A Buffalo earlier in the day.

The only active switch-pitcher in the majors nearly made the team out of spring training and pitched well in both of his appearances with the Bisons. THE CANADIAN PRESS

IN NEW ORLEANS

Smith held no gun as he was shot in back

Former Saints defensive end Will Smith was shot multiple times in the back after his killer deliberately rammed his Hummer into the NFL veteran's Mercedes SUV, but Smith never pulled out his own handgun as he tried to protect his wife, the Smith family's lawyer said Wednesday.

Throughout the confrontation, Smith's licensed 9 mm handgun remained loaded but unused in a compartment inside his car, attorney Peter

Thomson said.

A lawyer for Hummer driver Cardell Hayes, who is jailed on \$1 million bond after being arrested by police on a murder charge, said his client felt threatened Saturday night and was not the aggressor. But Thomson called this a lie and a distortion, and said the real victims were Smith and his wife Racquel, who ended up hospitalized with bullet wounds in both legs.

THE ASSOCIATED PRESS

THE \$1000 MINUTE

today's best music

Weekday mornings at 7:10 and 8:10

RECIPE Sweet Pea and White Fish Chowder



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

A lovely and light chowder that will make you think you've traveled to some sleepy fishing town filled with character.

Ready in
Prep time: 15 minutes
Cook time: 25 minutes

Ingredients

- 1 tbsp olive oil
- 1/2 onion, finely chopped
- 1/4 cup diced pancetta
- 2 1/2 cups mini white potatoes, quartered
- 1 cup stock
- 3 cups milk
- 1 cup peas
- 250 g skinless, boneless white fish, chopped into chunks
- 1 cup peas
- 2 tbsp fresh chopped dill
- salt and pepper

Directions

1. Heat oil in a saucepan, add onions and pancetta and cook until onions are softened and pancetta is browned.

2. Add the potatoes and cook for 2 to 3 minutes. Pour in stock, cover and simmer for 12-15 mins or until the potatoes are tender.

3. With a slotted spoon, remove half the potatoes from the stock and set aside. Transfer the remaining potatoes, stock into a blender or food processor, add the milk and whizz until smooth.

4. Pour mixture back into the pan, add the peas, fish and reserved potatoes. Cover and gently heat for 3-4 mins until the fish is just cooked through — don't boil. Stir in dill then season to taste.

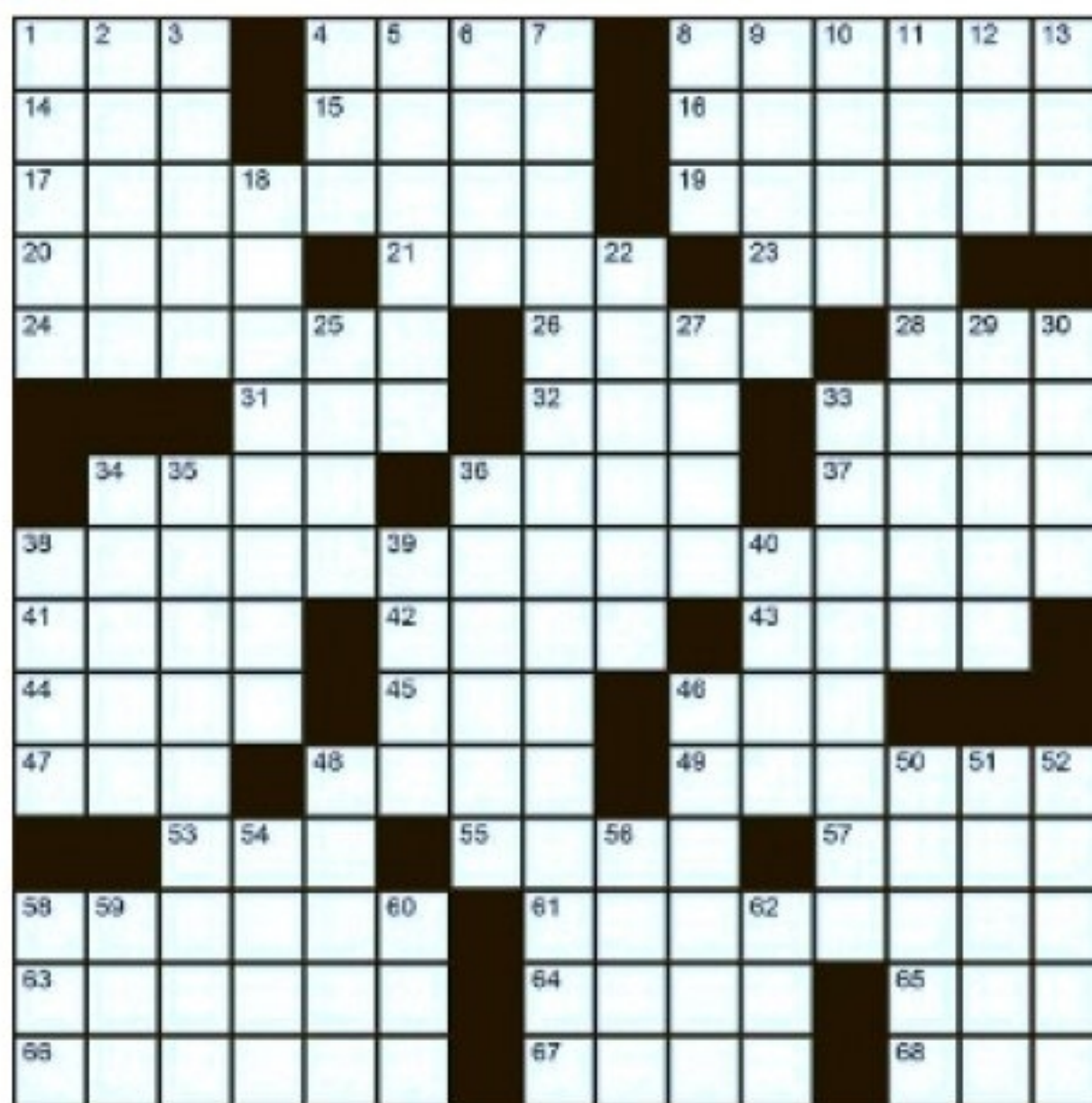
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Wooden wedge
5. Sea lettuce
9. "What am I, chopped _?"
14. Verdi opera
15. Sci. class
16. Dispatch boat
17. Ringing reverberation
18. Mini medians
19. Biker role in #61-Across
20. 11:00pm, for instance: 2 wds.
23. Social pages word
24. Fab Four, for one
27. Canada _ (CBC's annual books competition)
29. Regular
30. Woodstock salutes
33. Of the body's major artery
35. Rules of conduct
39. Shiba _ (Dog breed of Japan)
40. Pamplona's locale in northern Spain
42. Muesli tidbit
43. Drop in rank
45. Sacred place
47. Gilligan's boat, S.S. _
49. Ancient Greek colony
50. Joe of "JFK" (1991)
52. The _ (Novel by #9-Down which is the 2016 winner of #27-Across)
54. Abitibi article
55. 1934; Montreal Neurological Institute founder, Dr. Wilder _



- (b.1891 - d.1976)
58. Express
60. Sports car, _ Romeo
61. " _ Rider" (1969)
65. Latin for 'I believe'
66. Enter: 2 wds.
67. _ & The Bunny-men

68. Russian ballet company
69. Hobbyist's purchases
70. Actor, Oliver _

DOWN

1. Maple's meal
2. "Speed it up, stallion!"

3. US 'Gem State', briefly
4. Shopping centre regular's nickname
5. Decrease
6. It keeps a censor ready with the bleep button: 2 wds.
7. Van _ Vincent
8. Besides

9. Newmarket, Ontario born author (More at #27-Across and #52-Across): 2 wds.
10. Climber of the quoin
11. Choice dish
12. Rob of "90210"
13. Automatic
21. Nfld., for one:

- 2 wds.
22. Cheering-on people
24. Randy of "The Apprenticeship of Duddy Kravitz" (1974)
25. "Can you give _ moment, please?" (Making-a-decision couple's request)
26. Latin for 'gold'
28. Peer Gynt's mother
31. Actors Joe or Vincent
32. Odd, briefly
34. Ms. Kazan of "My Big Fat Greek Wedding 2" (2016)
36. Fist, in France
37. Actress Ms. Raymonde
38. Bargain
41. " _ Ryan's Express" (1965) starring Frank Sinatra
44. Mantric syllables
46. Antlered creature of European woodlands: 2 wds.
48. Nintendo's getting-in-shape offering. _ Plus
50. Science dish
51. 'Poly' add-on (Synthetic fabric)
53. Angles
54. Good fortune
56. Harps
57. Sight-of-ice in The Arctic
59. Japan's capital's old name
62. Expert
63. " _ Devil" (1989)
64. Greeted, Rocky-style

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an excellent day for business and commerce. Look for ways to boost your income or to improve your job, because you have the edge!

Taurus April 21 - May 21
Mercury is in your sign today, dancing with lucky, moneybags Jupiter. This is a great day for business and financial conversations, because you believe in yourself!

Gemini May 22 - June 21
Your confidence is strong today, which is why you are willing to explore new ideas and listen to what others have to say. Behind-the-scenes news might benefit your home scene.

Cancer June 22 - July 23
This is a wonderful day to schmooze with others! It's also an excellent day for classes, meetings and conferences. Everybody wants to talk and get into the act!

Leo July 24 - Aug. 23
This is a great day to make plans for the future, especially by creating organizational systems. Business and commercial activities are favored. Ask the boss for what you want!

Virgo Aug. 24 - Sept. 23
You will enjoy the study of philosophy, law and medicine today, because you are hungry to expand your mind. This is also a great day to make travel plans for the future.

Libra Sept. 24 - Oct. 23
You couldn't pick a better day for discussions about inheritances, taxes, debt and shared property. All parties involved will be fair-minded and generous to each other.

Scorpio Oct. 24 - Nov. 22
You will enjoy sitting down with a partner or close friend to discuss practically anything today, because you are in such a positive frame of mind. This is a great day to deal with groups.

Sagittarius Nov. 23 - Dec. 21
Co-workers are supportive today. In fact, you will enjoy almost anything that you do at work today, because you feel happy and hopeful.

Capricorn Dec. 22 - Jan. 20
Social diversions, the arts, movies, sports events and playful activities with children are wonderful choices for you today. You feel happy, upbeat and ready to enjoy life!

Aquarius Jan. 21 - Feb. 19
Family discussions will go well today. In particular, this is a good day to tackle big projects that entail repairs and improvements to where you live.

Pisces Feb. 20 - March 20
You understand the Power of Attraction. You also understand that thoughts manifest into reality. Today your positive frame of mind makes you happy.

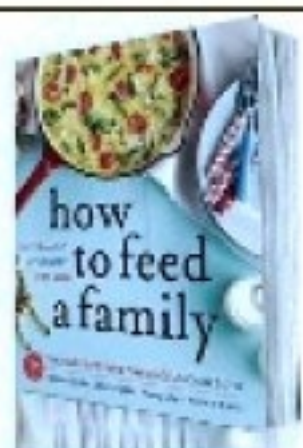
CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



As Seen In Metro!
Shop **The Sweet Potato Chronicles** Cookbook

mymetrostore.ca
shop your city



YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games



SUPER SPRING SAVINGS!

ONLY AT DARTMOUTH DODGE!



2016 RAM 1500

save up to
\$14,000 OFF
plus receive
0% FINANCING
for up to 84 mths

THE
POWER
OF
ZERO

SALES EVENT



2016 JEEP CHEROKEE

save up to
\$1,500 OFF
plus receive
0% FINANCING
for up to 84 mths



2016 GRAND CARAVAN

save up to
\$11,000 OFF
plus receive
0% FINANCING
for up to 72 mths



2016 JEEP RENEGADE

save up to
\$1,000 OFF
plus receive
0% FINANCING
for up to 60 mths



2016 TOWN & COUNTRY

save up to
\$13,000 OFF
plus receive
0% FINANCING
for up to 72 mths



61 ATHORPE DRIVE, DARTMOUTH, NS
(902) 469-9050 **ddodge.com**

Gr. Caravans and Town & Countrys purchased must include the DVD package to obtain the maximum discount available.
Ram 1500 discount will vary by model and trim level. All Rebates to Dealer. OAC